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‘THIS IS FOR ALL THE HATERS’

JUSTIN BIEBER DEDICATES HIS AMA WIN TO ALL THOSE WHO DESPISE HIM PAGE 13

OTTAWA metro®

Monday, November 19, 2012

News worth sharing.

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SANTA IN TOWN

Santa waves to all the little boys and girls during the Santa Claus Parade, organized by the Barrhaven Lions Club, in Barrhaven on Sunday. Thousands lined the route along Strandherd Drive as about 70 floats made their way between Beatrice and Longfields drives. Attendees were asked to donate non-perishable food items or cash for needy families. MIKE CARROCCETTO/METRO

Teachers need clear message, Tory critic says

Strike may be brewing. Teachers threatening job action have until Dec. 31: Education minister

Ontario’s education minister, Laurel Broten, needs to send a clear message to teachers who are poised to launch job actions Monday, says Nepean–Carleton MPP Lisa MacLeod.

With local elementary school teachers indicating they will be in a legal strike position Monday and teachers in York Region also threatening job actions, MacLeod said she’s concerned the provincial Liberal leadership race involving a number of former education ministers will interfere with the current minister’s resolve to enforce Bill 115, which freezes teachers’ wages and bans strikes.

“She has to be very clear. Either she will use her law or she won’t,” said MacLeod, the Progressive Conservatives’ education critic.

Teachers in York Region, which includes 120,000 students in nine municipalities north of Toronto, are starting the first stage of an “escalating withdrawal” of administrative services, said David Clegg, president of the York Region Teacher Local.

The Elementary Teachers’ Federation of Ontario, which represents the teachers, advised all of its members about a month ago to write only the bare minimum on report cards. All their 76,000 members will be in a legal strike position within two and a half weeks.

Education Minister Laurel Broten said she’s disappointed that ETFO is moving ahead with strike action, but warned that the legislation gives her the tools to stop it.

“For instance, we could bring forward an order-in-council to prohibit the specific action which is causing student safety to be compromised,” she said Friday in a statement.

“We will monitor strike action very closely with a specific focus on student safety.”

“As a parent, it concerns me,” MacLeod said.

“My daughter is in elementary school. You worry about the safe conditions if there is not adequate supervision in the playground, in the schoolyard.”

It’s clear the Liberals aren’t using their legal authority to stop the strike action because they’re trying to win back the support of teachers during the leadership campaign, she said.

“They can either do what they promised the legislature they would do — which would be an academic year without any labour problems — or they can sit on their hands and play tough to the public while they play nice with their union buddies,” MacLeod said.

SEAN MCKIBBON/METRO/WITH FILES FROM THE CANADIAN PRESS

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Review. Library committees might be eliminated

Ottawa's Public Library Board is recommending eliminating subcommittees so board-wide issues can be debated and understood by the full board.

That's one recommendation coming out of an overall governance review conducted by Transform Management Consulting Inc. for the board, which oversees Ottawa's libraries.

"Generally, the board members indicated that abolishing committees was desirable so that full discussion of items will occur at the board level," reads the report, which comes before committee on Monday. "It was also felt that the role and powers of the committee are not well understood, that terms of reference are too broad, and that committees frequently are discussing operational, and not strategic, issues."

The board's three committees — finance and budget, governance and audit, and facilities planning — would be replaced with ad hoc groups as necessary, under the recommendation.

The report also recommends slimming down the number of board trustees. Currently, the board consists of 14 members — nine citizens, five councillors. The report suggests a nine-member board with five citizen trustees and four councillors would be sufficient.

"Feedback received through the governance review and self-evaluation suggested that although a large board was required after amalgamation, a smaller board is preferable now," the report reads.

Transform's CEO, Jacques Levesque, is slated to make an appearance before the board to discuss the recommendations on Monday.

ALEX BOUTILIER/METRO

Deanna Bartlett, 19, serves up a Beaver Tail on George Street in Ottawa Sunday. The Ottawa board of Health is considering its role on a new food-cart vending committee Monday. ALEX BOUTILIER/METRO

Health board to help oversee food trucks

Health. Ottawa Board of Health will be part of food-vendor selection panel, aiming to improve food safety and to promote healthy eating

ALEX BOUTILIER
alex.boutilier@metronews.ca

The Ottawa Board of Health will consider new street-meat rules that would see an additional 20 vendors set up shop around the city.

City hall is in the process of granting 20 new spots for food carts and trucks in Ottawa. Decisions on who gets the nod to hock food will be made by a five-person selection panel, which weighs factors like innovation, qualifications and business plans.

The board of health would have one position on that panel, which includes representatives from the Ottawa Hotel, Motel and Restaurant Association, the Canadian Culinary Federation, Savour Ottawa and Just Food.

According to a report coming before the board on Monday, the opportunity to assist in the selection of which vendors get the new permits would help advance the health board's goal of ensuring healthier fare is available in Ottawa.

"Active participation in the street-vending program, in partnership with bylaw and regulatory services, will advance public health food safety, both in the reduction of food-borne illnesses and in the promotion of healthy eating," reads the report. "On behalf of the board of health, (Ottawa Public Health), as a member of the street food selection panel, will also (be) providing technical advice on food safety."

The suggestion that vendors would have to provide innovative, interesting and perhaps healthier food than your traditional chip wagon or hot-dog cart had some councillors lamenting a "nanny state" approach to street vending.

But staff said the regulations are simply to ensure a variety of choices. The board will review the recommendations at their meeting on Monday.

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Following their dance dreams

SEAN MCKIBBON
sean.mckibbon@metronews.ca

Dozens of hopeful ballet dancers gathered at the National Arts Centre Sunday for auditions with Canada's National Ballet School for spots in the Toronto private school's full-time Professional Ballet Program.

The audition was one of a number of sessions happening in major Canadian centres across the country this fall. Dancers who are picked get to attend the school's summer program, which serves both as an instructional course, and a second-tier audition for a spot in the school.

"I wanted to know where I'm at," said Kasha Rombough, 11, of her motivation for doing the audition. Having studied dance for four years Rombough said she has a part in Les Grands Ballets' production in Montreal of the Nutcracker as a "party child."

One of the dancers who was picked by the school, Michael Missios, said before he knew the result that he thought he did well.

"I thought it would be a good experience," he said.

1 Following the leader.

Canada's National Ballet School faculty member Ilze Titiova leads a group of Grade 5 and 6 dancers in an audition movement.

2 Local dancer earns invite.

No. 38 is Michael Missios, a local student with the Canadian School of Dance, who was one of the lucky auditioners to get a callback and an invitation to the school's summer program.

3 Nervous energy.

Dancers hurry to line up for the next movement. Nervous excitement filled the room as parents watched from the sidelines.

4 Dancing for the fun of it.

Coral Carson, 11, foreground, said she had been ballet dancing since she was three. A student at the Vanessa Pattel Dance School, she said dancing is fun, a challenge and a great way to meet friends.

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Eleven civilians killed in fierce Israeli attack on Gaza City

Escalating conflict.
Missile strike amounts to single deadliest incident of current operation

An Israeli missile flattened a two-storey house in a residential neighbourhood of Gaza City on Sunday, killing at least 11 civilians, mostly women and children, Palestinian medical officials said, as Israel expanded a military offensive to target homes of wanted militants.

The attack, which Israel said targeted a militant, was the single deadliest incident of the five-day-old Israeli operation and hiked a toll Sunday that was already the highest number of civilians killed in one day, according to Gaza medics. The bloodshed is likely to raise international pressure for a ceasefire, with Egypt taking the leading role in mediating between Israel and Hamas.

President Barack Obama said he had been in touch with the leaders of Israel, Egypt and Turkey in an effort to halt the fighting. "We're going to have to see what kind of progress we can make in the next 24, 36, 48 hours," he said.

Obama cautioned against a potential Israeli ground invasion into Gaza, warning that it could only deepen its death toll. At the same time, he blamed Palestinian militants for starting the round of fighting by raining rockets onto Israel, and he endorsed Israel's right to defend its territory.

"Israel has every right to expect that it does not have missiles fired into its territory," Obama said in Thailand at the start of a three-nation tour in Asia.

An Israeli envoy arrived in Cairo on Sunday and held talks with Egyptian officials on a ceasefire, according to Egyptian security officials and Nabil Shaath, a top aide of Palestinian President Mahmoud Abbas, who was in the Egyptian capital.

But Israel and Gaza's militant Hamas rulers remain far apart on any terms for a halt in the bloodshed, which has killed 70 Palestinians — including 36 civilians, according to Gaza health officials — and three Israeli civilians.

Hamas is linking a truce deal to a complete lifting of the border blockade on Gaza, imposed since Islamists seized the territory by force. Hamas also seeks Israeli guarantees to halt targeted killings of its leaders and military commanders.

Israeli officials reject such demands. They say they are not interested in a "time-out," and want firm guarantees that militant rocket fire into Israel will finally end. Past ceasefires have been short-lived.

As the offensive moved forward, Israel found itself at a crossroads — on the cusp of launching a ground offensive into Gaza to strike an even tougher blow against Hamas, or pursuing Egyptian-led truce efforts.

"The Israeli military is prepared to significantly expand the operation," Israeli Prime Minister Benjamin Netanyahu declared at the start of the weekly Cabinet meeting.

At the same time, Gaza militants continued their barrage of rocket fire at Israel, firing more than 100, including two at Tel Aviv. More than 10 Israelis were injured by shrapnel, two moderately, according to police spokesman Mickey Rosenfeld. Israel's "Iron Dome" rocket-defence system shot down at least 30 rockets, including the ones aimed at Tel Aviv.

Israel's announcement Sunday that it was widening its campaign to target homes of militants appeared to mark a new and risky phase of the operation, given the likelihood of civilian casualties in the densely populated territory of 1.5 million Palestinians. Israel launched the offensive Wednesday in a bid to end months of intensifying rocket fire from the Hamas-ruled Gaza Strip. THE ASSOCIATED PRESS

Bloodshed

Women and young children were killed in a relentless Israeli attack — the worst in this round of fighting

- Rescuers pulled the bodies of several children from the ruins of a house, including a toddler and a five-year-old, as survivors and bystanders screamed in grief. Later, the bodies of the children were laid out in the morgue of Gaza City's Shifa Hospital. Among the 11 dead were four small children and five women, including an 80-year-old.

Palestinians run to take cover during an Israeli air strike on a building in Gaza City on Sunday. ADEL HANA/THE ASSOCIATED PRESS

Quoted

"The Israeli military is prepared to significantly expand the operation."
Israeli Prime Minister Benjamin Netanyahu

Syrian gunfire draws shelling from Israel

A Syrian fighter shoots his weapon through a hole in the wall during clashes with Syrian army forces in the town of Harem on the outskirts of Idlib, Syria, Saturday. Syrian shells have exploded inside Israel-held territory several times in recent weeks. KHALIL HAMRA/THE ASSOCIATED PRESS

Israel shelled Syrian fighters after gunfire from their civil war spilled over to the Israel-controlled Golan Heights, the military said Sunday, as the conflict appeared to inch closer to the Jewish state.

The civil war in Syria has renewed tensions in the Golan Heights, a strategic plateau that Israel captured from Syria in the 1967 war. Despite constant hostility between the two countries, Syria has been careful to keep the border quiet since the 1973 Mideast war.

In recent days, Israeli troops have fired into Syria twice before, responding to what appeared to be stray mortar shells exploding in Israel-held territory. On Sunday, an Israeli military spokesman said soldiers fired artillery toward the source of gunfire late Saturday night.

Speaking on condition of anonymity according to protocol, the spokesman said the military identified a hit. He did not know if the targets were Syrian rebels fighting to topple President Bashar Assad or forces loyal to him.

Syrian shells have exploded inside the Israel-held Golan Heights several times in recent weeks, damaging apple orchards, sparking fires and spreading some panic, but causing no injuries.

Though the two nations have been bitter enemies, Israel is concerned that if the Assad regime is toppled, Syria could fall into the hands of Islamic extremists.

While it is widely believed that Assad does not want to pick a fight with Israel, some in Israel warn that if his situation becomes desperate, the embattled Syrian leader might try to draw Israel into the fighting as a distraction. THE ASSOCIATED PRESS

Syrian uprising

- Fighting raged nationwide over the weekend, killing at least 108 people on Saturday alone, according to activists.
- More than 36,000 people have been killed since the Syrian uprising began in March 2011.

'In gay we trust'

Gay rights group protests in France

The controversial Ukrainian group Femen, whose topless members stage pranks to support gay rights, have taunted a march in Paris by Catholics who oppose France's draft law to legalize gay marriage.

The Catholic group Civitas organized Sunday's march. Thousands of people carried pro-family banners, prompting several anti-gay-marriage protesters to hit and push the Femen members. The activists turned up topless, chanting "in gay we trust."

Thousands of people took to the streets of France Saturday to protest the draft law that could see marriage and adoption legalized for homosexual couples early next year. THE ASSOCIATED PRESS

Brutal clashes

Rwandan rebel group advances on Congolese territory

A Rwandan-backed rebel group advanced to within three kilometres of Goma, a crucial provincial capital in eastern Congo, marking the first time that rebels have come this close since 2008.

Congolese army spokesman Col. Olivier Hamuli said the fighting has been going on since 6 a.m. Sunday and the front line has moved to just a few kilometres outside the city. After more than nine hours of violent clashes, the two sides took a break, with M23 rebels establishing a checkpoint just 100 metres outside the Goma city line. THE ASSOCIATED PRESS

Israel-Gaza conflict

Missile attacks on news outlets condemned

Reporters Without Borders has condemned Israeli missile attacks on two media centres in Gaza that wounded six Palestinian journalists and damaged the equipment of foreign media outlets.

Sunday's attacks on the two high-rise buildings damaged offices of the Hamas TV station, Al Aqsa, and a Lebanese-based broadcaster, Al Quds TV, seen as sympathetic to the Islamists.

Germany's public broadcaster ARD; Russia Today, a state TV network that broadcasts in English; and Sky News Arabia said they lost equipment in the attacks. THE ASSOCIATED PRESS

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Rescue efforts. At least 2 dead, several seriously injured in plane crashes

Separate plane crashes on the Prairies claimed at least two lives on Sunday, while efforts continued to get a number of people who were aboard one of the planes to safety.

Authorities said a Cessna 208 Caravan went down in a remote area about 10 kilometres east of the airport in Snow Lake, Man., about 700 kilometres north of Winnipeg.

Police said early reports were that one person had died in that crash and that seven others were injured, some seriously.

Rescue crews have been using snowmobiles to reach the scene, but police say the effort to get the injured people has been difficult.

However, they also say they managed to get all those who were injured to the medical centre in Snow Lake.

"We have a local hospital here but people with serious injuries would need to be medevaced out," Snow Lake's mayor, Clarence Fisher, explained on Sunday afternoon.

Inaccessible

Police say aircraft that would normally help in a rescue weren't able to land at the Snow Lake airport due to low ceiling, and they say the crash site is in a bush area.

A separate crash in northern Alberta on Saturday evening, meanwhile, killed a 52-year-old man who police say was the pilot and lone occupant of the aircraft.

They say the single-engine turboprop entered an area between La Crete and High Level, where visibility was reduced to less that 100 metres due to low cloud cover and heavy fog. THE CANADIAN PRESS

Factory women. Workers exposed to toxic chemicals face cancer risk: Study

It's been an open secret for more than three decades.

Women in Windsor's plastic-automotive-parts factories have complained of pungent fumes and dust that caused nosebleeds, headaches, nausea and dizziness. Some spoke of smouldering blobs of plastic dumped directly onto the floor near where they worked.

"People were getting sick, but you never really thought about the plastic itself," said Gina DeSantis, who has worked at a plant near Windsor for 25 years.

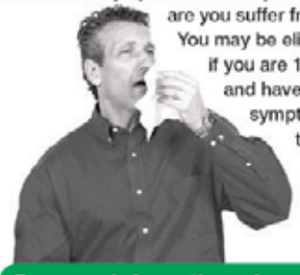
She and others worried — mostly in private — about the prevalence of cancer and other diseases in the poorly ventilated factories that sprawl across the industrialized expanses of southwestern Ontario.

Now, a new academic study appears to confirm their fears, showing profoundly elevated breast-cancer risks among workers exposed to toxic chemicals. TORSTAR NEWS SERVICE

Do you suffer from GRASS allergies?

Kanata Allergy Services, in conjunction with Kingston General Hospital, is looking for people to participate in a study about an investigational drug for grass allergies.

If you sneeze from May to mid-July and have a runny nose and itchy eyes that make you miserable, chances are you suffer from grass allergies. You may be eligible to participate if you are 18 to 65 years of age and have had grass allergy symptoms for at least two years.



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Defence Minister Peter MacKay fields questions at the end of the Halifax International Security Forum on Sunday. Delegates discussed pressing security issues, including the impact of the American presidential election, the turmoil in Syria, cyber-security and modern warfare. ANDREW VAUGHAN/THE CANADIAN PRESS

MacKay calls on Russia to exert influence in violent Syrian conflict

Call to action. Ongoing threat of war in the Middle East at forefront of global forum of 300 delegates from 50 countries

Staying focused

"I think Syria is something we can't take our eyes off, in spite of what may be going on right now in Israel."

Defence Minister Peter MacKay on the continuing violence inflicted by the Assad regime in Syria.

Defence Minister Peter MacKay called on Russia on Sunday to exert influence to end the Syrian civil war, accusing Russia of standing on the sidelines while Syria is "coming apart at the seams."

MacKay told a press conference at the Halifax International Security Forum that Russia — one of Syria's most important allies — should use its weight to end the conflict.

"We know in Syria there are countries like Russia that could be far more proactive, who could exert considerable influence and use their weight with (Syrian President Bashar Assad's) regime to end the violence," MacKay said just after giving his closing remarks at the three-day conference.

"If Russia truly wants to be embraced as a democratic, productive member of the world community, this is a time for them to show the right stuff."

Russia has backed Syria at the United Nations Security Council by repeatedly vetoing resolutions aimed at pressuring the Syrian government to end the war.

MacKay said Prime Minister Stephen Harper has recently met with Russian President Vladimir Putin, but did not go into the details of the discussion.

On Saturday, U.S. Sen. John McCain told the security conference that he was "ashamed" as an American over the U.S. non-action in Syria.

MacKay reiterated Sunday that Canada has no plans for a military intervention in Syria.

"I ... believe that there is still further diplomatic paths we can pursue. I think a military intervention is always a last resort," said MacKay. THE CANADIAN PRESS

Vets come forward with care complaints

Articles about complaints of substandard care at Canada's largest facility for war veterans have prompted several more people to come forward with stories of neglect.

Some involved injuries to the frail elderly, who live out their last days and months at Sunnybrook Veterans Centre.

John Marriott said his family was appalled this spring when they found his ailing 96-year-old father-in-law with a bloody mouth, and discovered his front tooth had been knocked out. Sunnybrook's explanation, he said, was that the virtually immobile man had somehow wriggled his way out of bed and fallen.

"We've been so traumatized by all of this," Marriott said. "It's like One Flew over the Cuckoo's Nest."

The other side

One worker at the hospital said most nurses are caring and do their best but there are too few staff to look after the extremely frail patients.

The new complaints, as was the case previously, come mostly from part of the 500-bed vets centre that houses the most infirm vets rather than the part which resembles a pleasant retirement lodge.

Some, fearing reprisals, agreed to speak only on condition of strict anonymity, making it difficult to verify their accounts. Others were less reticent. THE CANADIAN PRESS

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Canadians embrace Black Friday

Once you go black ... Stores hoping to capitalize on new enthusiasm for the American event

The Canadian holiday-shopping season is looking decidedly more American this year as retailers schedule a rush of Black Friday events in hope that consumers will shop at home, rather than south of the border.

Black Friday, widely considered the busiest shopping day of the year, is timed to Thanksgiving in the U.S. It may just be a random November day for Canadians, but shoppers are increasingly buying into Black Friday and Cyber Monday, when online retailers hold their sales.

A CIBC poll conducted by Harris/Decima released Monday suggests nearly one in 10 of the 1,000 Canadian respondents plan on making a purchase during the sales period — suggesting that millions of Canadians will be shopping for holiday deals this weekend.

Many Canadian retailers have jumped on the trend as a new way to angle a promotion, says Mark Satov, founder of management-consulting firm Satov Consultants Inc.

If you can't beat 'em

"We want to give Canadians a reason to shop with us."

Danielle Jang, spokesperson for Best Buy Canada and Future Shop, which are both hosting Black Friday sales.

"You're creating the impression that everything is on sale, and when consumers get there, everything doesn't have to be on sale, but they're there anyway, so they're going to buy."

But Canada's version of Black Friday won't be everything it's hyped to be, some suggest.

"It's a myth," says retail consultant Jim Danahy of CustomerLAB. "Stores are not bringing merchandise in any sooner than they were before. They are not changing their promotional calendars. It is simply the super-imposition of a term that exists in the United States here."

In some ways, drumming up enthusiasm for Black Friday is a move of desperation for Canadian retailers. The loonie's high value and the availability of many U.S. deals online have encouraged Canadians to spend at American retailers.

THE CANADIAN PRESS

Canadians seem to be warming to American shopping traditions. In this file photo, shoppers wait at a Times Square Toys "R" Us. HIROKO MASUIKE/GETTY IMAGES

Quebec. Stores fight French law over names

Gap is one of six retailers fighting a new reading of French branding laws. DIMAS ARDIAN/GETTY IMAGES

Several major retailers are taking the Quebec government to court over the provincial language watchdog's insistence they modify their brand names to include French.

The six retailers are some of the biggest names in North America — Walmart, Best Buy, Costco, Gap, Old Navy and Guess. Their lawyers are expected in Quebec Superior Court on Thursday.

Quebec's language watchdog, the Office Quebecois de la Langue Francaise, wants the retailers to either give themselves a generic French name or add a slogan or explanation that reflects what they're selling.

For example, Walmart could change its signs to "Le Magasin Walmart."

But retailers say the language laws have not been changed and they will ask the courts to decide whether the language office has the right to make new demands.

According to Section 63 of Quebec's French Language Charter, the name of a business must be in French. But it hasn't generally been applied to trademarked names.

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Gaming. Wii U faces new world on release

In the six years since the last major video-game system launched, Apple unveiled the iPhone and the iPad, Angry Birds invaded smartphones and Facebook reached a billion users. In the process, scores of video-game consoles were left to languish in living rooms alongside dusty VCRs and disc players.

On Sunday, Nintendo Co. is launching the Wii U, a game machine designed to appeal both to the original Wii's casual audience and hardcore gamers. Just like the Wii U's predecessor, which has sold nearly 100 million units worldwide since 2006, the new console's intended audience "truly is five to 95," says Reggie Fils-Aime, the president of Nintendo of America.

But the Wii U arrives in a new world. In the age of a million gadgets and lean wallets, the storied game company faces a new challenge: Convincing people that they need a new video-game system rather than, say, a new iPad.

"Nintendo has to be a cut above the noise here," says Ben Bajarin, a principal analyst at Creative Strategies who covers gaming.

THE ASSOCIATED PRESS

First class

Qatar Airways won't go budget

The head of fast-growing Qatar Airways says there are no immediate plans to launch a budget airline to compete with Dubai's expanding low-cost carrier.

Instead, CEO Akbar al-Baker says Qatar Airways will concentrate on enlarging its global network as part of rivalries with Gulf carriers Emirates and Abu Dhabi-based Etihad Airways.

Al-Baker is quoted Saturday by the Dubai-based Khaleej Times as saying there are no current plans to create a budget airline to challenge the growing market share of government-backed Flydubai, which began service in 2009 and now serves more than 50 destinations.

THE ASSOCIATED PRESS

Body image

Minnie too skinny in holiday ad, say concerned critics

How skinny is too skinny?

A modelesque Minnie Mouse and friends in a new holiday-themed ad is drawing criticism from celebrities and consumers alike in the U.S.

The pin-thin Minnie Mouse, Princess Tiana, Daisy Duck and Cruella De Vil strut their stuff on a Paris runway in a new commercial for Barneys New York's upcoming holiday window display.

Critics say the new twist on the beloved cartoon characters is sending young girls the wrong ideas on body image and have created a petition targeting the commercial.

METRO

Minnie Mouse strutting in a new commercial. SCREENSHOT/YOUTUBE.COM

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COMMUNITY ASSOCIATION TO DEVELOPERS: LET'S TALK

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

If real estate developers have a bit of an image problem, it's partially because when they make the news it's often for stepping on somebody's toes.

Good news isn't front-page news, and the attractive, popular designs that fit the character of existing neighbourhoods while also giving them an architectural boost typically attract little ink.

If a developer's making headlines, it's typically for getting around, say, municipal height restrictions to erect the biggest (and most profitable) possible condo slabs, over the vocal objections of neighbourhood groups — or for failing to do so and then trooping off to the Ontario Municipal Board with ranks of lawyers and suitcases of cash to have city hall's refusal overturned.

Developing a bad reputation

"The biggest players in the game are, it might seem, proposing to write the rule book."

Sometimes the public-relations damage is entirely self-inflicted. Last summer's splashy attempt by Urban Capital to "rebrand" the Centretown neighbourhood around their condo buildings as the glamorous and happening "South Central" rubbed many locals the wrong way.

Many opponents were simply worried about the gentrifying effect of the new condos, potentially pushing the price of housing in the area out of reach for lower-income residents, but some were offended by what they saw as the company's gall in barely having moved in before promptly offering to rename their neighbourhood for them.

Some detected a similar whiff of presumption when a group of major developers offered their thoughts on the city's draft community design plan (CDP) for Centretown, which will set the terms for new development in the area. They not only offered a critique of the city's plan but actually submitted their own version of an entire section. The biggest players in the game are, it might seem, proposing to write the rule book.

Robert Dekker of the Centretown Citizens Community Association (CCCA), which has been consulting with city staff on the plan for the past three years, was taken aback by the ambition of the developers' unexpected rewrite.

"When you take a look at it, it's a word-by-word, line-by-line change of what the CDP is, and I think that's where we feel a little short-changed," he said. "While we've been working with the city, all of a sudden developers have decided, 'Here's our document, and we need you to look at this because this is the way we feel it should be built.'"

The CCCA, he added, has limited resources and so they concentrated on a few planning issues, unlike the deep-pocketed developers.

"Our concerns were basically around four areas," he said, "where they've now attacked practically the entire plan."

One preoccupation for both the community group and the developers is with limits on the heights of new buildings, although developers prefer to talk about "profile." Taller buildings put more condo units on the market on the same piece of land, but they can also put entire blocks in shadow and put a strain on city infrastructure.

"We feel that the city's intensification targets can be met through maybe more smaller buildings and fewer taller buildings," Dekker said, but the developers appear to him to simply want to push height limits up everywhere: "When you take a look at the different zones, they're changing the height (limits) basically in almost every zone that the city has designated for the CDP."

Dekker expects the developers' submission to delay planning-committee deliberations on the plan scheduled for next month into 2013, and although his organization is often at odds with builders, he doesn't believe they have to "always be the ones saying no," and a little simple communication could bridge the gap: "We wish that we could have a discussion with the developers and we are still hoping that might be something we can organize and say, 'Look, how can we work together on this and can our two different views be met,' and come up with a consensus so that the city and developers and the community can say, 'Yeah, this is a good plan for Centretown.'"

President takes enlightening trip

CAROLYN KASTER/THE ASSOCIATED PRESS

Leaning statue of Buddha

Obama kicks off three-day Asia tour

U.S. President Barack Obama and U.S. Secretary of State Hillary Rodham Clinton tour the Wat Pho Royal Monastery with Chaokun Suthee Thammanuwat, a member of the temple, in Bangkok, Thailand, on Sunday.

The Temple of Reclining Buddha, formally known as Wat Pho, was the first stop on Obama's Asian tour that will also take him to Myanmar and Cambodia.

Obama arrived at the temple, one of Thailand's most famous temple compounds, to marvel at its centrepiece — a gigantic, golden statue of a reclining Buddha propped up on one elbow before passing into nirvana.

The visit was meant to give Obama a taste of Bangkok. Visits to see the king and the Thai prime minister were saved for later.

But one thing Obama did not get to see as he sped through Bangkok was the city's infamous traffic jams.

All roads leading to Wat Pho and his other destinations were blocked and cleared of cars as part of security measures that included bomb squads and shutting the temple to the public hours in advance.

THE ASSOCIATED PRESS

Changing times

"This is not an endorsement of the government.... This is an acknowledgement that there is a process underway inside that country that even a year and a half, two years ago, nobody foresaw."

U.S. President Barack Obama on Sunday, before embarking on his landmark trip to Myanmar. He was attempting to assure critics that his visit was not a premature reward for a long-isolated nation still easing its way toward democracy.

Post-election trip

1st

Obama was set to become the first U.S. president to visit Myanmar, with Air Force One scheduled to touch down in Yangon on Monday morning. Though Obama planned to spend just six hours in the country, the much-anticipated stop came as the result of a remarkable turnaround in Myanmar's relationship with the U.S. For his first post-election trip, he tellingly settled on Asia, a region he has deemed as crucial to America's prosperity and security.

Online

For the latest on Obama's Myanmar trip, visit metronews.ca

Metropolitan Panel

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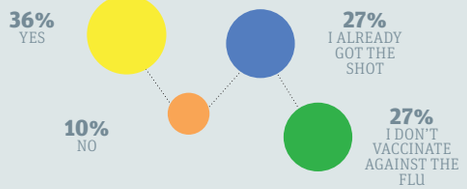

Twitter

@metiskatis: #excited that finally Woodroofe Ave is open - no more construction! :) #OttCity #YOW #Ottawa

@missmarriage: Just made the most amazing purchase at the @613VintageShow . Just call me Foxy Fox. #fashion #ottawa #vintage

@ItsLindsayMarie: Today is the last day of #Ottawa #Farmers #market!! #Brewer #park Fresh #fruit and #veggies!

@mellschilz: Beautiful sunny days in #Ottawa are the best, especially in November

@bnjmnwood: Rumour has it @BayshoreOttawa Santa pics are free today. Be warned, the line wraps around half the ground floor! #ottawa

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Nicki Minaj just in it for the music, not the awards

AMAs. Justin Bieber wins first award of the night; performances included Usher, No Doubt and Canada's Carly Rae Jepsen

Exclusively online

For more shots of entertainers from the show and a full list of the winners, visit metronews.ca/scene.

Justin Bieber is thanking his haters.

The 18-year-old won favourite pop/rock male artist in the first award handed out at Sunday's American Music Awards and gave a shout-out to those who didn't think he would last on the music scene.

"I want to say this is for all the haters who (said) that I was just here for one or two years. I feel like I'm going to be here for a very long time," he said, also thanking his mom, manager, family and his "beautiful, beautiful fans."

Nicki Minaj was also a consecutive winner, picking up her second trophy for favourite rap/hip-hop album for Pink Friday: Roman Reloaded.

Minaj was a blonde bombshell. Her hair was busy and full of volume and she sported a neon strapless gown.

Along with Rihanna, Minaj was the top nominee with four nominations.

"I don't do music for awards," the 29-year-old said in an interview. "It's so crazy because people always have to remind me that I'm nominated for an award when I go to award shows.

"I know they're going to come. I'm sitting here looking at my awards right now," she continued with a laugh. "I never stress it. I think of myself as 'I'll have a career long enough to get all those different awards.'

"(But) I'm really going there to perform Freedom," Minaj said of her new single. "I'm very, very proud of the record and I'm happy that people are going to get to hear it."

Other multiple nominees included Usher, Bieber, Drake, Maroon 5 and One Direction, who had three nods each. Perry, Underwood, Brown, Clarkson, Pitbull, fun., Gotye, J. Cole and Luke Bryan were all double nominees.

Usher kicked off the three-hour show with green laser lights beaming onstage as he performed a medley of songs, including Numb, Climax and Can't Stop, Won't Stop, which featured a smoky floor and a number of backup dancers, as Usher jammed in all black, with the exception of his red shoes.

The 40th anniversary show also included the tribute to Dick Clark, its creator.

"Dick changed the face of music back in the late '50s," producer Larry Klein said. "Dick is the one who made rock 'n' roll acceptable to come into people's homes... We're paying tribute to Dick because of the legacy that he's left everybody and also the creativity of what he did on this show."

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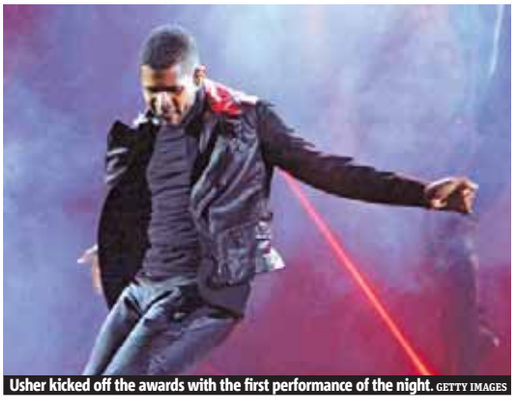
Carly Rae Jepsen, of Call Me Maybe fame, at the show. GETTY IMAGES



Usher kicked off the awards with the first performance of the night. GETTY IMAGES

While Nicki Minaj tied only with Rihanna for most nominations at the awards show, she was nonchalant when it came to winning, saying she just wanted to perform her new single Freedom. GETTY IMAGES

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Poncho Sampedro playing alongside Neil Young. GETTY IMAGE

No one's perfect, not even Sampedro

Crazy Horse. Guitarist credits his success to being confident, but can't sing one whole Neil Young song all the way through

PAT HEALY
Metro World News in Boston

Poncho Sampedro is a humble man. During a half-hour discussion, the rhythm guitarist for Crazy Horse proudly acknowledges limitations with his instrument, limitations with his band's sound and limitations with his own ability to recite the lyrics of any of the Neil Young songs that he's been playing for more than 30 years.

"I try to pick up on the words, but unfortunately I'm not that good at it. And so there's a lot of his songs I have my own words for," he says. "I can't sing one whole song all the way through, I don't think."

Even if he went into a karaoke bar and somebody signed him up for a rock radio staple like Powderfinger?

"I can make it through the first and second verse, I think. Only because we used to rehearse it and I'd sing a couple of verses to get us going," he says.

But to say that Sampedro is humble doesn't mean he's lacking in confidence. He says that confidence is the key to his success, and the reason that some of the elementary rhythms he has committed to tape are such classics.

"If you're confident that you're going to go up there and make it from the beginning of the set until the end, I think good things will happen," he says. That confidence and dedication is all over the new albums that Neil Young and Crazy Horse released this year. Though tracks like Oh Susannah or This Land is Your Land on this spring's Americana album are standards, there is nothing standard about them in the hands of these four guys.

"We have one sound and we can't get away from (it) even if we try," laughs Sampedro. And with this fall's double-album they're even more themselves, as they get far out on the 27-minute jam haze of Driftin' Back. All of the material benefits from the assured approach of a band that just knows how to play off each other. But don't confuse confidence with perfection. "I know there is a place where I play and I kind of walk through the clam fields for a while, and then Neil does the same thing," recounts Sampedro. "I mentioned it to him. I said, 'Neil, if you listen to it, there are two spots where both of us are lost and we could clip that out easily, it's just a few seconds.' And he said, 'Well, then they wouldn't know how we got to the next place.'"

Concert dates

- Tonight, Air Canada centre
- Nov. 20, Kitchener, Ont., Kitchener Memorial Auditorium
- Nov. 23, Montreal, Bell Centre
- Nov. 24, Ottawa, Scotiabank Place

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Mraz on Myanmar gig: 'I hope we can actually make a difference'

Making history.
Singer-songwriter is first international artist to perform open-air concert in country since end of military rule

Jason Mraz will make history next month when he performs in Myanmar to raise awareness about human trafficking.

Mraz will headline a free outdoor concert on Dec. 16 at People's Square in Yangon, at the base of Shwedagon Pagoda.

The Grammy-winning singer-songwriter is the first international artist to perform an open-air concert in the country since the end of military rule last year. And he is believed to be just the second Western act to perform in the country in decades, joining Ozomatli's U.S. State-Department-sponsored appearance in 2009.

Quoted

"I'm going there with an enormous amount of gratitude and respect."
Jason Mraz
On his upcoming trip to Myanmar.

"That's pretty exciting," Mraz said of the history involved, "and I'm going there with an enormous amount of gratitude and respect, and I hope we can actually make a difference. I hope it's also a testament to the songs. I've always wanted my songs to be about healing and self-empowerment, and if this is the way MTV is acknowledging that, then I am incredibly grateful."

The show includes local acts and is hosted by MTV EXIT, the music channel's initiative to raise awareness about human trafficking and exploitation. It will be broadcast on Myanmar national television and will air on MTV's international network in 2013. Mraz hosted a similar concert in the Philippines last year. He first became interested in the issue about four years ago when he attended the Freedom Awards, an annual salute to those working against human exploitation put on by the organization Free the Slaves.

Jason Mraz is set to make history with his Myanmar performance. AP PHOTO

"I thought this was something that was abolished when Abraham Lincoln signed the Emancipation Proclamation, but all it did is become hidden from our view," Mraz said in a phone interview from Zurich, Switzerland. "There was a recent estimate that there are about 27 million people enslaved on the planet, certainly due to hard economic times not just in the western world but certainly in Third World countries. Humans as a commodity is a great way to run your business. So I signed on, lent my voice, lent my music to the cause."

Myanmar is opening itself to the world since a military junta ceded power to a new elected government last year. President Thein Sein's government has pushed the country toward democracy, and on Monday, Barack Obama is scheduled to become the first sitting U.S. president to visit the country.

Mraz says there is concern predators will prey on the vulnerable in this time of great flux. The concert offers an opportunity to "educate, empower and engage." The 35-year-old singer says he plans to tailor his show to the message.

"I do curate a set list that I feel is going to be part of that educate, empower and engage (theme)," he said. "Obviously songs like I'm Yours, I Won't Give Up are great examples. Or 93 Million Miles is a new one where it's about believing in yourself. And a lot of my songs are about that, about believing in yourself and really going for your dreams. Those are the kinds of songs I'll be playing at that show." THE ASSOCIATED PRESS

Quoted

"I thought this was something that was abolished when Abraham Lincoln signed the Emancipation Proclamation. But all it did is become hidden..."
Jason Mraz
On slavery.

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No audience feedback for Community, but return is announced

A scene from Community. HANDOUT

In limbo. Show was set to be axed before NBC gave it reprieve, and star Joel McHale has confidence in latest episodes

NED EHRBAR
Metro World News in Hollywood

The cast of Community is deep into filming the show's fourth season, but can't shake the feeling that something's missing.

No, it's not show creator and former show-runner Dan Harmon, who was quite publicly and unhappily removed from his post this past spring after the witty comedy failed for three seasons to take off in the U.S. ratings.

No, it's the fan interaction that's missing, at least according to star Yvette Nicole Brown.

"We of course feel the loss of Dan, but as far as our day-to-day life of doing a show, it feels the same," she says.

"The only thing that's missing is because we're not airing we don't have that third part of our little group, which is the audience telling us what they think. It's usually us making it and then we have our audience going, 'Yay!' or, 'Boo!' And we kind of course-correct.

"I'm the one, right when the show is on, if we're working, I go right on Twitter to look at the hashtags and see what they're saying, and Joel (McHale) is like, 'What are they saying, Yvette?'"

NBC, the show's network in the U.S., first ordered an abbreviated 13-episode fourth season of Community and then pushed it off the fall schedule, leaving it in limbo until it was recently announced it would return to North American audiences in February.

But when we visited the set, the cast was already filming the season finale. "I guess you miss the feedback if it were to have started to air, but I feel the episodes are good, so I'm not too worried about it," says McHale.

"With the forced hiatus last year and now the bumping of the date this year, I think it increases the fans' resolve."

The changes have also opened up new opportunities for the cast, particularly for Jim Rash, who plays Dean Pelton. For season three, Rash was promoted to series regular status as his bizarre character became more involved in the show.

And season four finds Rash, who won an Oscar for co-writing last year's The Descendents, writing an episode himself, an experience that made him "neurotic and freaked out," he says.

"All eyes are on you. It's like, how dare you think that you could possibly do this?"

But co-star McHale says not to believe the false modesty. "Winning an Oscar helps," McHale jokes. "He brought the Oscar with him to set. A lot of the time it would be like, 'Jim, I don't really understand this line,' and then he would just hold up the Oscar and go, 'Is that clear? Good.'"

Comedic chemistry

Who needs writers? Community stars Joel McHale and Jim Rash (himself an Oscar-winning screenwriter) prove in our interview that they'd make a dynamite comedy duo all on their own, often letting serious answers disintegrate into mock-insults and bizarre back-and-forths. Here's a sample:

METRO: What would you say is the strangest fan experience you've had?

JIM RASH: Well, seeing someone dress their kid up as Dean Pelton for Halloween, I guess is weird. Joel, you've probably had something weirder than I have.

JOEL MCHALE: I'm trying to think. There's inappropriate, but weird... There's never –

JIM RASH: I sent my sperm to one fan. Is that weird?

JOEL MCHALE: You did?

JIM RASH: She asked so nicely for it.

JOEL MCHALE: That's weird. That is weird. Don't do that again.

JIM RASH: What? I did it in private!

JOEL MCHALE: Well, I guess it's legal...

Joel McHale, a.k.a. Jeff Winger, from Community. GETTY IMAGES

Jim Rash, or as he is known on Community, Dean Pelton. GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift

Dear Taylor: Swift serving as resident love doctor for Seventeen

With an impressive number of failed romances under her belt — and the songs of heartbreak to prove it — Taylor Swift might be the last person you'd want to listen to for relationship advice, but Seventeen magazine is letting her do just that. Swift is serving as a guest advice columnist for the magazine's December issue. "Remember that people have to fall in love with you because they want to, not because you want them to," Swift writes. "Don't chance ruining your friendship by chasing him before he's ready. You just have to wait for him to turn it into something more, if and when he wants to."

Joe Simpson

Simpson sees his day of sentencing

Joe Simpson had his day in court last week, pleading not guilty to two charges of driving under the influence stemming from his Aug. 4 arrest, according to E! News. Despite the plea, Simpson was sentenced to 36 months of probation and fined $390 plus penalties. He was also ordered to complete a three-month alcohol education program.

Twitter

@WhitneyCummings
I think someone needs to tell the Victorias Secret fashion show about porn

@iJasonAlexander
I have filled the basement with Twinkies and Wonder Bread. They will probably outlive me. I am ready for the End Times now.

@msleamichele
Ok so Ringo Starr just walked passed me at the recording studio and said hi to me. What?!?!

@GarryShandling
If you're head of the CIA and can't hide an extramarital affair it means it can't be done. Case closed, fellas.

The Word

Rihanna Unapologetic about her Cockiness

Rihanna opened her show in Paris on Saturday, just as in Stockholm on Friday, with Cockiness — which is a fitting kickoff song, and it seems like the perfect way to describe her attitude while promoting her new album, Unapologetic (a title which is also in line with her current attitude).

The Paris gig at the beautiful Le Trianon theatre was a short one — only about 45 minutes due to an early curfew. However, the after-show party at exclusive club VIP on Champs Elysées did not disappoint. When the singer arrived around 3 a.m., she was joined by an entourage that included P. Diddy, Pharrell Williams, Omarion and Akon.

"We are here for Rihanna," P. Diddy announced, "and she has a wish. Only hip-hop!"

The music changed instantly and the party got started.

Guitarist Nuno Bettencourt first made his name in the Boston rock group Extreme, but for the past three years he has been Rihanna's go-to guitarist. He says he enjoys playing the more intimate gigs on this tour.

"I definitely see another side of her on stage," he told me on the plane yesterday. "Tours tend to be overly choreographed. It's not just the dancing, but where you walk and when to talk to the audience. Now I've seen her free to say exactly what she wants — even though it isn't completely fit for children's ears."

METRO'S KATARINA MATSSON HAS FOLLOWED RIHANNA ON HER JET DURING THE PARTIES AND PERFORMANCES OF HER 777 TOUR. MATSSON HAS BEEN ONE OF THE FEW REPORTERS ALLOWED ON THE PLANE.

Bieber pulls a Romeo outside Gomez's gate... but with swear words?

After being spotted sneaking into the Four Seasons Hotel in Beverly Hills together Friday afternoon, recently split-pair Justin Bieber and Selena Gomez reportedly hit up Japanese restaurant Yamato in Encino, Calif. That outing, though, didn't go so well, according to Us Weekly. "They had just sat down and didn't order anything when they started to fight. Ten minutes later, they stormed out without speaking and she drove off in her car," a source says, adding that Bieber followed her to her home but couldn't make it past her gated driveway. He reportedly started yelling her name over the fence and began "swearing and yelling and lost his temper" when he realized he was being photographed.

Justin Bieber

ALL PHOTOS GETTY IMAGES

Britney Spears

Britney may have her hooks in a little too deep

Trouble may be brewing between Britney Spears and fiancé Jason Trawick, according to Us Weekly. Sources say that Spears has become something of a nag and makes Trawick "check in with her" and it's driving him crazy. A source adds that Trawick will "put her on speakerphone so friends can hear her nagging." Spears' reps, though, say there's no truth to the story, calling it fabricated.

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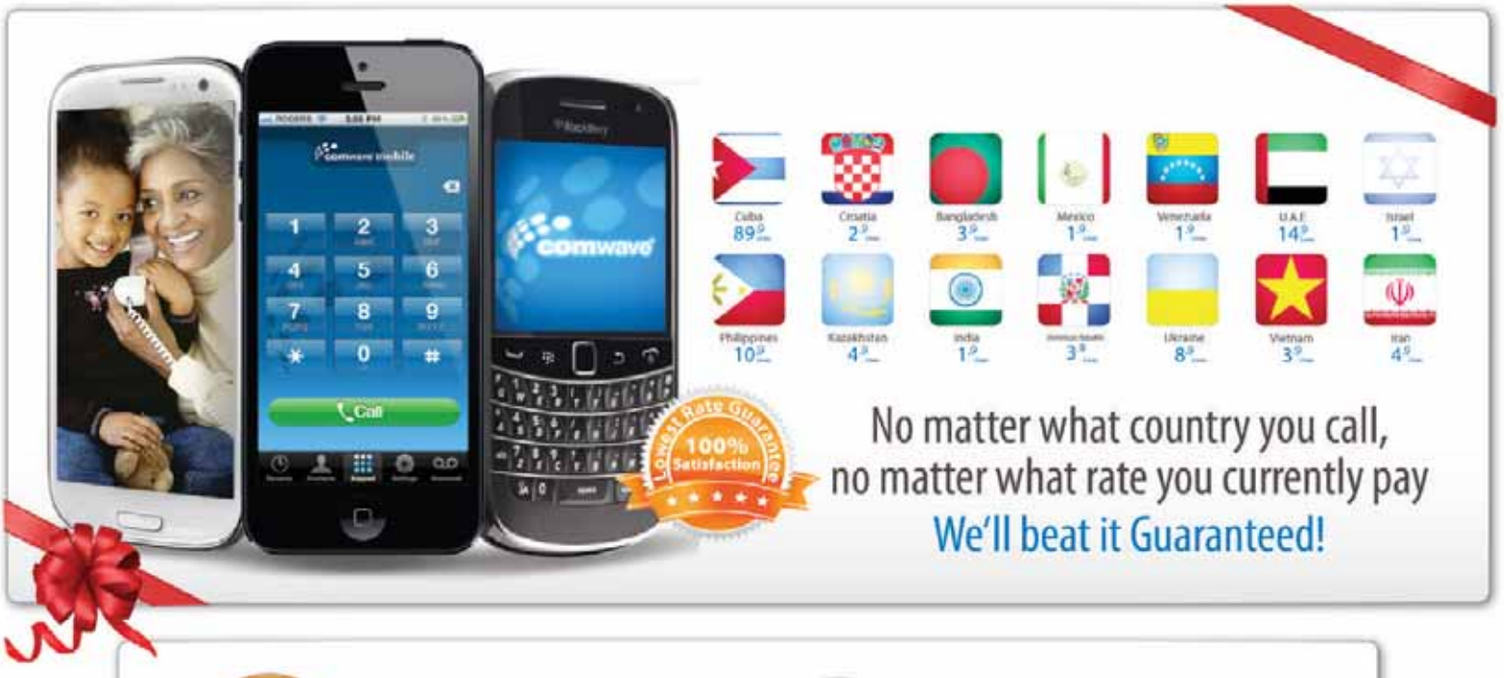

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Travel etiquette

Grooming grief

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Imagine sitting at a restaurant and the person next to you starts cutting his or her nails. It would be exceptional, yet it isn't uncommon to witness a fellow passenger doing this on an airplane, where you are seated considerably closer to them.

Don't be that person. In fact, don't do anything with your nails — polishing, unpolishing, clipping, or biting. Particularly if they aren't your fingernails. Got a pimple or anything else you feel the need to squeeze? Leave it alone until you're in the bathroom, please. Something stuck in your teeth? Flossing and picking them in your seat is a definite no-no. Sprays of any kind (hair, perfume, spritzers) always have collateral damage. Feel a desperate need to brush yours (or your child's) hair? Don't do it. Refrain from putting on makeup, beyond a slash of lipstick.

Lastly? The pull down tray in front of you is not a baby's change table.

Emergency or not, change your baby in private. ISTOCK

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Baby, it's cold outside. And is that green stuff oozing out of your nose? Cue hysterical WebMD surfing and an exponential increase in number of orders barked at Daddy. Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

Massage rubbing off on parents looking to bond with their babes

Touch therapy. Take a little bit of time to help your little one relax — it has plenty of health benefits

DOROTHY ROBINSON
life@metronews.ca

The key to the baby massage? Relax, enjoy and have fun. ISTOCK

Spending just a few minutes each day massaging your baby can help to increase the bond, interaction and communication between the two of you. But how do you start? Tina Allen, an internationally respected educator, author and expert in the field of infant and pediatric massage therapy, shares her advice.

1. Choose the best time and place. Creating the best environment for massage is an ideal way to give yourself and baby time to relax. Choose a familiar place that is warm, quiet and with few distractions. The best time for massage is when baby is awake, healthy and happy. Some babies prefer the morning, while others prefer the afternoon or before bedtime.

2. Be comfortable. Relax, enjoy and have fun. Position yourself so that you are comfortable. Be sure baby is safe and placed on a soft area. Keep in mind that babies roll and become slippery when using oil. Be sure your hands are warm and clean before you begin.

3. Consider a massage oil. While it is not required, using oil can help make massages more enjoyable for some babies and parents. Olive oil and grapeseed oil are some of the best choices for infant massages. However, if you choose to use lotions, be sure to choose a nontoxic option, like Seventh Generation baby lotion, which contains olive oil as a main ingredient.

4. Listen in. Infant massages can be a wonderful tool for increasing your communication. Massage is not something that parents do to their baby, but rather with their little one. Listen to your baby. He or she will give you the signals to let you know his or her comfort level.

5. Know when not to massage. Never provide massage when your baby isn't receptive to it (when sleeping, crying or fussy). Avoid massage when your infant is ill, has a fever or infection, or if your little one has broken skin, a rash or bruising. Wait at least 48 to 72 hours following immunizations, and for a tummy massage, wait 30 minutes after eating. If your child has any special health care needs, seek further guidance as to what would be the safest approach.

Benefits for baby

Here's how a massage can help your youngster.

- Encourages healthy weight gain
- Increases brain development and growth
- Stimulates all systems of the body
- Aids in digestion
- Eases discomforts associated with gas, constipation and congestion

How to dress (your kids) to impress

As a parent, sometimes it's all you can do to make sure your kid's clothing is clean, let alone fashionable. But your little one deserves to look his or her best. So we asked the stylists at U.S.-based Wittlebee, an online service that sends members a box of specially curated kids' clothing, for their tips on how to turn your child into your most stylish accessory.

Pick colours that work for their skin tones.
What colours look best on them? What washes them out? What colours bring out their eyes?

Invest in quality items.
No one wants to spend a fortune on expensive baby items when turnover is so high. But the best kids' wardrobes have a mix of moderately priced items, as well as several quality pieces. Then you can feel confident you'll always have something on hand for a fancy event or just a walk to the school bus.

Don't forget comfort.
Look at their body shape and think about what they should wear that is most comfortable for them. For example, leggings are best for babies who have chubby legs and overalls are better for those who have bellies so that their waists won't get pinched.

Add some flair to basics to make a statement.
You don't have to buy a crazy, zigzag patterned dress to make your little one stand out. Instead, go for a more elegant, blue pinstriped dress. If it's chilly out, you can layer this with a tiny cardigan and some solid leggings.

Dress your kids according to their personalities.
If you have an outgoing and fun child, go with bright colours and bold patterns. If they are more subdued and calm, maybe even a bit shy, it might be best to steer away from bold patterns.

Don't worry, you can add subtle flair with texture and a great, classic colour palette.

METRO

Clothing should reflect a child's personality. ISTOCK

Fire up your weeknight with a quick and easy Pot au Feu

This Pot au Feu takes 40 minutes and serves four. THE ASSOCIATED PRESS

Here is an untraditional weeknight version of the French stew known as Pot au Feu.

1. In a large saucepan over medium-high heat, combine the broth, carrots, parsnips, turnips, leek, garlic, thyme sprig and bay leaf. Bring to a boil and simmer for 15 to 18 minutes, or until the vegetables are tender. Meanwhile, in a large skillet over high, heat the oil. Season the steak with salt and pepper.

2. When the oil in the skillet is hot, reduce the heat to medium-high and add the steak. Sauté until well browned on both sides and medium-rare at the centre, 8 to 10 minutes total. Transfer beef to a plate, cover loosely with foil, and let rest 5 minutes. After 5 minutes, thinly slice beef against grain.

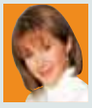
3. In a small bowl, stir together the yogurt, wasabi and any juices from the beef plate. Season with salt and pepper. Discard the thyme sprig and bay leaf, then divide the vegetables and broth among four soup bowls. Arrange a quarter of the steak in the centre of each bowl and top portions with a spoonful of wasabi cream and a sprinkle of chives. THE ASSOCIATED PRESS

Ingredients

- 6 cups low-sodium chicken broth
- 2 medium carrots peeled and sliced 1/2 inch thick
- 2 medium parsnips peeled and sliced 1/2 inch thick
- 2 small turnips peeled, quartered and sliced 1/2 inch thick
- 1 medium leek, white part only, halved lengthwise, sliced 1/2 inch thick and rinsed well
- 2 cloves garlic, minced
- 1 sprig fresh thyme (or 1 teaspoon dried)
- 1 bay leaf (Turkish)
- 2 teaspoons olive oil
- 1 pound flank steak
- Kosher salt and ground black pepper
- 1/3 cup fat-free plain Greek yogurt
- 1 teaspoon prepared wasabi
- Chopped fresh chives or parsley

Healthy eating

Choose it and lose it



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rosereisman.com

The Keg is a well-known steak house, but that doesn't mean everything on its menu is healthy. Watch out for the enormous amounts of calories and sodium in some of its items.

Prime rib (10 oz) with mushrooms, jus, horseradish, and frizzled onions

1,050 calories / 59 g fat / 2,543 mg sodium

Prime rib is the one cut that is the most damaging to your health. It's marbled with fat throughout and half the calories come from fat. The sodium is high due to the au jus giving you 1 ½ day's worth.

Equivalent

Equivalent to 10 tbsp of butter in calories

Sirloin steak (12 oz) with vegetables

511 calories / 22 g fat / 651 mg sodium

The Sirloin does not have fat marbled throughout and you can trim the outside fat, making this a healthier cut. It's even 2 ounces more in weight and yet surpasses the prime rib in nutrients.

Pull flank on complex recipes with overlooked cut of beef

Flank steaks are lean cuts from the rear side of the cow and are characterized by rich, deep beefy flavour and a slightly chewy texture. For the weeknight home cook, flank steaks are the perfect cut. They can be tossed with a marinade the night before and left in the refrigerator until dinner. And they cook in just minutes on the grill or under the broiler. As with all meat, flank steak should rest for 5 to 10 minutes after cooking before slicing to let the juices redistribute.

1. In a blender, combine the vinegar, garlic, peppercorns and 1 teaspoon of kosher salt. Blend for 20 seconds, then transfer to a wide, shallow bowl.

This flank steak dish takes 30 minutes and serves four. THE ASSOCIATED PRESS

2. Add the steak to the marinade, turning to coat. Refrigerate for at least 30 minutes. When ready to cook, heat the broiler with a rack 6 inches from the heat. Line a rimmed baking sheet with foil, then coat it lightly with cooking spray.

3. Cut each pear half into 4 slices, then arrange them on one half of the prepared baking sheet.

4. Remove the steak from the marinade and set it on the other half of the sheet. Broil everything for 5 minutes, then use tongs to flip the steak and pears. Broil for another 5 minutes for medium-rare.

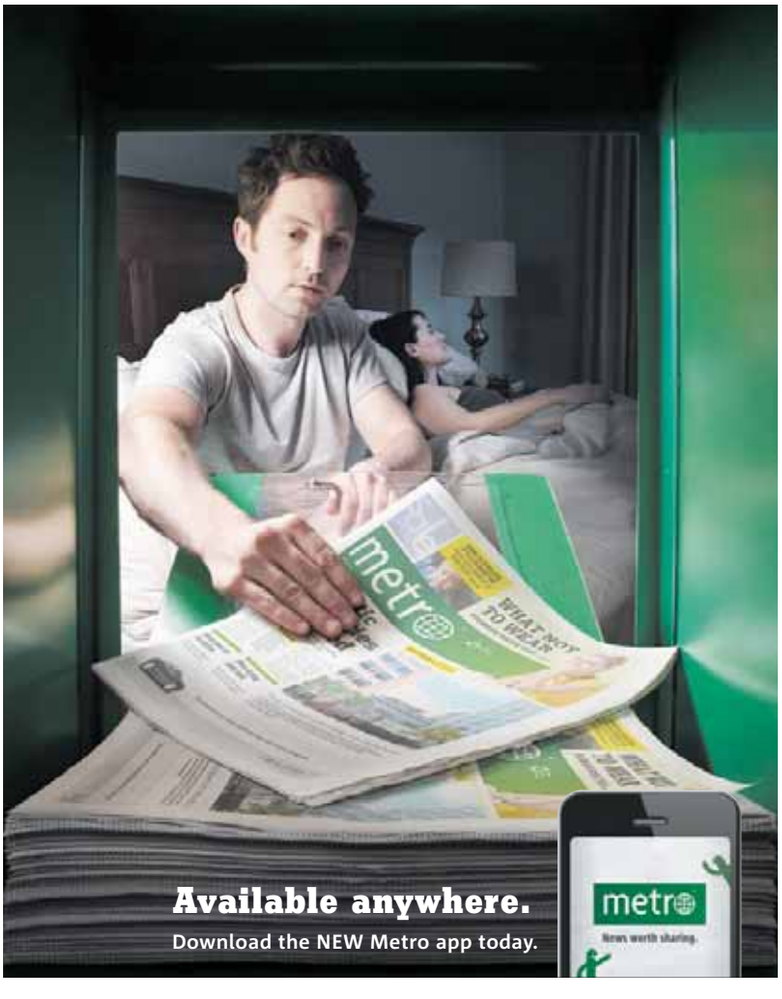
5. Let the steaks rest for 10 minutes, then cut into thin slices against the grain. Divide the slices between 4 serving plates, then top each with pear slices.

6. Top each serving with a bit of crumbled blue cheese before serving.

THE ASSOCIATED PRESS

Ingredients

- 1/4 cup balsamic vinegar
- 2 cloves garlic
- 1 tablespoon black peppercorns
- Kosher salt
- 1 1/2 pounds flank steak
- 2 pears, peeled, halved and cored
- Crumbled blue cheese, for topping



‘This is my hobby gone wild’

Nothing to wine about. Up-and-coming urban winery winning praise in unlikely zone

When you picture a winery, you might imagine a rustic building nestled among breezy rows of grapes, not a cinder block bunker squeezed between a rail switching yard and an urban highway.

But the gritty industrial zone that Pacific Breeze winery calls home, with its tangle of transportation lines, chain link fences and blacktop, hasn’t stopped this urban winery from scoring a string of top awards only a few years after being launched by a couple of amateur winemakers.

“This is my hobby gone wild,” said Pacific Breeze co-owner Maurice Hamilton, who founded the winery in 2005 with his partner, Frank Gregus, after the two met at a wine club in Coquitlam, B.C.

Hamilton, who still works at his original job selling dental supplies, and Gregus, a former Pepsi salesman, have no formal training in making wine, but between them claim more than 50 years of experience producing wine in their garages and basements. Running a commercial winery was only a dream, until Hamilton visited Woodinville, Wash., where he found small wineries operating without vineyards.

“It gave me the idea I don’t have to grow grapes to have a winery. So that was really the a-hah moment, the revelation that, wait a minute, I can do this,” he said, envisioning a stand-alone winery. He pitched the idea to Gregus, who was quickly on board.

“You put two entrepreneurial salespeople in a room and this is what happens,” Gregus said.

Cheers!

“Virtually everything we put in won best in its class. We were really proud of that.”

Maurice Hamilton
Pacific Breeze co-owner

With an initial investment of $1.2 million, including bank loans and some of their own money, the partners set up Pacific Breeze, inspired by the urban wineries they’d seen in the U.S. and the so-called “garagist” small winery movement in Europe.

Picking the New Westminster industrial area was a matter of zoning, price and convenience, but Hamilton admits it’s a tough sell when they’re trying to lure people in to sample their products.

“People come into the tasting room all the time and go, ‘Oh wow, where’s the winery?’ And you know what they’re asking is, ‘Where’s the vineyard?’ Of course they think they’re the same thing, but they’re not. The vineyard is where you grow the grapes; the winery is where you do the manufacturing,” Hamilton said.

The partners say having a vineyard can limit the quality of wine they can make, and their approach is to cherry pick the best grapes they can find in Washington, Oregon and California.

“So rather than have it all in one area, we take the best that each area has to offer for that particular variety of grape,” Gregus said.

Harry Hertschag, executive director of the Vancouver International Wine Festival, said the key issue for him is the source of grapes is made clear on the label so consumers know exactly what they’re getting.

“I think it’s great that Pacific Breeze is doing that because they’re telling you what vineyards its coming from and that’s a good thing,” he said.

He also sees a growing movement of having wineries that are closer to their marketplace.

“I think we’re going to see more of these type of urban wineries, which also allow people to visit them, or be able to use those spaces for wine events without having to drive five hours to the Okanagan to have that experience,” he said.

Hamilton and Gregus currently produce 5,000 cases a year, including reds like the winery’s signature cabernet Killer Cab, a zinfandel called Assazin and whites like chardonnay and pinot gris.

Their wines proved an immediate hit, with Pacific Breeze claiming awards at the first competition it entered — in San Francisco in 2005 — before being named winery of the year in 2010 at the InterVin International Wine Awards in Toronto.

“Virtually everything we put in won best in its class,” Hamilton said. “We were really proud of that.”

“There’s a thousand decisions that go into making wine from grapes to bottle,” Gregus said of the company’s awards. “But one thing that doesn’t change is if you don’t have great fruit you cannot make great wine.”

THE CANADIAN PRESS

Maurice Hamilton, left, and Frank Gregus raise a glass at their winery in an industrial area of New Westminster, B.C.
DARRYL DYCK/THE CANADIAN PRESS

Peculiar place to grow?

A surprisingly grape location

Last year, Pacific Breeze turned a small profit for the first time and expanded into space next door, confirming its commitment to its unlikely locale.

• “We’re in a terrible location, we get that,” Hamilton said. “To this day we have people come to us and say, Well, you couldn’t make world class wines in New West. Why couldn’t you if you’ve got the grapes? Because it’s really about the grapes.”

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The In-Credibility Factor

Name: Julian Brass
City: Toronto and Montreal
Age: 29
Occupation: Founder and publisher of Notable.ca

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Julian Brass. PROVIDED

Julian Brass started hosting events at a young age and loved bringing people together. After working in Florida and California, he decided to move back to Canada and start Notable.ca, an online resource for connecting young, driven, professional adults with elements relevant to taking their professional and social life to the next level.

During the startup phase, Brass was living in his father's basement with no income.

Four years later, Notable.ca has a team of 25 people handling more than one million visitors a month.

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Relishing in the repeat

"You see, anyone can schmooze someone and close a deal, but when a reputable client returns, you know that you and your team are doing something right."
Julian Brass
Founder of Notable.ca

• Set a goal and work backward
Envision yourself five years from now and work backward. That will give you a path. It will change, but it will at least get you moving forward.

• Effort and sacrifice
If it was easy, everyone would do it. For people to accomplish things that others haven't, you have to put forth a greater effort and sacrifice more than others are willing to give up. I can guarantee it will be worth it in the end and I would give nothing back for the ride I've had in the last four years.

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Argonauts quarterback Ricky Ray is rushed by Alouettes linebacker Shea Emry during the CFL's East Division final on Sunday at Olympic Stadium in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Ray guides Argos to Grey Cup game

CFL. QB puts on show in East final, leading Toronto to championship game in first season with club

The Toronto Argonauts acquired Ricky Ray to get them to a Grey Cup game on home turf, and now they can say "mission accomplished."

A masterful Ray passed for 399 yards and dominated the ground game as the Argonauts stunned the Alouettes 27-20 in the CFL East Division final before 50,122 at Olympic Stadium on Sunday afternoon in Montreal.

"He took some big hits and hung in there," coach Scott Milanovich said of his quarterback. "I thought he played a tremendous football game, but that's what he's here for.

"That's why he's the one we wanted."

The Argonauts will play in the CFL championship game for the first time since 2004, when they won their 15th Grey Cup with a victory over B.C.

The game next Sunday against the West Division champion Calgary Stampeders will be played at Rogers Centre, the Argonauts' home field.

"It's been a long season for us, but we've stuck together and just played it one game at a time," said Ray, acquired last winter in a trade from the Edmonton Eskimos. "Now we've got the opportunity to do what we set out to do."

Ray threw a touchdown pass to Dontrelle Inman and Chad Kackert scored on a long touchdown run. Swayze Waters added three field goals for Toronto, which had lost to Montreal in three previous East final meetings.

Chris Jennings and backup quarterback Adrian McPherson had touchdowns for Montreal. Sean Whyte added two field goals.

But the Alouettes could muster only three second-half points, as Anthony Calvillo was picked off twice by Marcus Ball.

THE CANADIAN PRESS

By the numbers

30

The Argonauts last won a Grey Cup at home in 1952, lost one in Toronto in 1982 and now they're home again in 2012 — each game exactly 30 years apart.

Stamps trump champs in West Division final

Kevin Glenn threw for three TD passes as the Calgary Stampeders upset the B.C. Lions 34-29 in the CFL West final on Sunday before a crowd of 43,216 at BC Place Stadium.

- The Stampeders, who finished second in the West Division behind B.C. during the regular season, will play the Argonauts in the Grey Cup next Sunday in Toronto.

NBA

Raptors Calderon, Bargnani rise to Magic's challenge

Jose Calderon helped the Toronto Raptors get a key win — by getting Andrea Bargnani involved in the game early.

Calderon had 18 assists in Toronto's 97-86 win over the Orlando Magic on Sunday, while adding nine points of his own. Bargnani scored 17.

"I thought Andrea was playing with some bounce and passion," Raptors head coach Dwane Casey said. "Jose got him going and got him involved early. Jose is a leader. I cannot say how much I respect his game, his leadership, his heart."

Both Bargnani and DeMar DeRozan were hot early in the game as Toronto opened up a 10-point lead after one quarter.

DeRozan had 11 of his 20 points in the opening quarter. Bargnani added nine in the opening 12 minutes and finished with 17 points. He also had five rebounds, two blocked shots and two steals for the game. THE CANADIAN PRESS

NBA

Coach D'Antoni holds off joining Lakers on sideline

Mike D'Antoni is postponing his debut on the Los Angeles Lakers bench, giving the coach a few more days to recover from recent knee-replacement surgery.

D'Antoni was tentatively planning to take over Sunday night against Houston, a week after the Lakers hired him to replace Mike Brown.

Instead, Lakers trainer Gary Vitti and D'Antoni's wife persuaded him to wait at least another game.

THE ASSOCIATED PRESS

Jaguars tagged by pair of Texans

Texans receiver Andre Johnson rumbles past Jacksonville defenders Paul Posluszny, left, and Chris Prosinski on Sunday in Houston. THOMAS B. SHEA/GETTY IMAGES

Andre Johnson had the game of his life to save the Houston Texans on Sunday.

Johnson finished off a career day by turning a screen pass from Matt Schaub into a 48-yard sprint for the winning touchdown as the Texans rallied to beat Jacksonville 43-37.

"All the good teams find a way to win, no matter if it's ugly, pretty or whatever," Johnson said. "In the win column, it either says 'W' or 'L.' They don't ask how you got it done."

Schaub threw a career-high five touchdown passes, completed a franchise-record 43 passes and finished with 527 yards in the air, second most in NFL history. Warren Moon also threw for 527 yards for the Houston Oilers in December 1990 in Kansas City. Norm Van Brocklin holds the record with 554 for the Rams in 1951.

Johnson caught 14 passes for 273 yards, both career highs; the yardage was a team record. He turned 31 in July, but has been saying for weeks that he's feeling as fit and healthy as he ever has.

"Maybe you guys will believe me after that," Johnson told reporters after the game.

THE ASSOCIATED PRESS

Elsewhere on Sunday

- Matt Ryan overcame five interceptions, guiding Atlanta to its only offensive TD in the fourth quarter in a sloppy 23-19 win over Arizona.
- Aaron Rodgers threw two touchdown passes, including a 22-yarder to Randall Cobb with 1:55 left, to lift Green Bay to a 24-20 win over Detroit.
- Robert Griffin III threw four TDs, and Washington broke a three-game losing streak, sending Philadelphia to its sixth straight loss with a 31-6 win.

Women's division

Rousey to lead charge into UFC

The UFC is currently looking at just one weight class for women, according to president Dana White.

The MMA juggernaut has announced the signing of Strikeforce bantamweight champion "Rowdy" Ronda Rousey and, at this stage, is only looking at featuring her 135-pound division.

White said he plans to showcase Rousey in the main event of a pay-per-view event, unless there is another champion of a higher weight class who is defending his title on the card. THE CANADIAN PRESS

Ronda Rousey won a judo bronze medal at the 2008 Olympics in Beijing. GETTY IMAGES FILE

St-Pierre keeps legacy intact

MMA. Montreal fighter 'had a lot of fun' in punishing return to octagon at UFC 154

Striking coach Phil Nurse took one look at Georges St-Pierre in the locker-room before his UFC 154 main event and had a flashback to April 2008.

"Somebody asked me in the locker-room, 'How's Georges looking?' I said, 'You know what? The last time I saw him like this is when he flattened Matt Serra at the same arena,'" Nurse told The Canadian Press.

"That was the (Serra) rematch and that's the last time I've seen him so nervous but itching to go as well, like, 'I just want to get it done quick.'"

At UFC 83, it took St-Pierre just under two rounds to reclaim his 170-pound championship belt from Serra.

On Saturday night before a loud and proud Bell Centre crowd of 17,249 in Montreal, it was longer and bloodier. But it proved to be convincing.

Returning from a layoff of 18 months and 18 days after reconstructive knee surgery, a relentless St-Pierre won a five-round decision over Carlos Condit to unify the welterweight title.

They each won a $70,000 bonus for fight of the night. St-Pierre, as the UFC's top pay-per-view draw, no doubt got millions more.

The judges scored it almost a shutout for St-Pierre: 49-46, 50-45, 50-45. But it was still a bruising, take-no-prisoners fight with St-Pierre pushing the pace from the opening. And the champion was in real danger in the third round.

St-Pierre, who said he got his fire back after such a lengthy layoff, called the fight "a blast."

"I was getting hurt, it was painful, but I had a lot of fun. I love my job," he added.

Quoted

"Before I put the ice on, my head had the shape of an American football.... I hope it gets better with time."

Georges St-Pierre on his physical appearance after Saturday night's fight with Carlos Condit

Silva up next?

Montreal's Georges St-Pierre has now won 10 straight fights and not lost in more than five years.

- His legacy could be further defined in the next year. The GSP win likely means a superfight showdown with middleweight champion Anderson Silva.

St-Pierre (23-2) said his knee felt fine, but being away from the cage for so long, he forgot the full-bore fighting experience.

"The suffering, this feeling of not giving up," he said.

After the fight, St-Pierre had a fat lip, cuts under both eyes and on the bridge of his nose, and a thick band of red abrasions and bumps on his shaved head.

While St-Pierre said he felt some rust, he essentially looked as good as new against a difficult opponent.

"It's huge. Tonight was a big, big night as far as his legacy is concerned," UFC president Dana White said of St-Pierre. THE CANADIAN PRESS

Georges St-Pierre holds the belt after defeating Carlos Condit in their UFC 154 welterweight title fight on Saturday in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
New York	7	1	.875	—
Milwaukee	6	2	.750	1
Brooklyn	6	2	.750	1
Miami	8	3	.727	1/2
Philadelphia	6	4	.600	2
Boston	6	4	.600	2
Chicago	5	4	.556	21/2
Charlotte	4	4	.500	3
Atlanta	4	4	.500	3
Indiana	4	7	.364	41/2
Orlando	3	6	.333	41/2
Toronto	**3**	**7**	**.300**	**5**
Cleveland	2	8	.200	6
Detroit	1	9	.100	7
Washington	0	8	.000	7

WESTERN CONFERENCE

	W	L	Pct	GB
Memphis	8	1	.889	—
San Antonio	8	2	.800	1/2
L.A. Clippers	7	2	.778	1
Oklahoma City	7	3	.700	11/2
Golden State	5	4	.556	3
Minnesota	5	4	.556	3
Dallas	6	5	.545	3
Utah	5	6	.455	4
Portland	4	5	.444	4
Houston	4	5	.444	4
L.A. Lakers	4	5	.444	4
Denver	4	6	.400	41/2
New Orleans	3	5	.375	41/2
Phoenix	4	7	.364	5
Sacramento	2	8	.200	61/2

Division leaders ranked in top four positions and best eight teams qualify for playoffs

NBA SCORING LEADERS

	G	FG	FT	PTS	AVG
Bryant, LAL	9	85	56	242	26.9
Harden, Hou	9	75	76	240	26.7
Durant, Okl	10	85	63	245	24.5
James, Mia	11	108	39	269	24.5
Irving, Cle	9	78	46	220	24.4
Anthony, NYK	7	58	37	163	23.3
Aldridge, Por	9	78	37	193	21.4
Mayo, Dal	11	77	44	234	21.3
Batum, Por	9	66	29	187	20.8
Crawford, LAC	9	60	44	186	20.7
Ellis, Mil	8	60	35	162	20.3
Pierce, Bos	10	62	56	199	19.9
Gay, Mem	9	69	32	193	19.8
Westbrook, Okl	10	69	46	196	19.6
Bosh, Mia	11	79	57	216	19.6
Lillard, Por	9	61	29	174	19.3
Holiday, Phi	9	63	33	172	19.1
Howard, LAL	9	62	48	172	19.1
Derozan, Tor	**9**	**63**	**40**	**170**	**18.9**
Walker, Cha	8	55	37	150	18.8
Williams, Bro	7	44	31	130	18.6
Deng, Chi	9	64	32	167	18.6
Lopez, Bro	7	52	25	129	18.4
Duncan, SA	10	70	37	178	17.8
Jennings, Mil	8	52	21	140	17.5
Griffin, LAC	9	62	32	156	17.3
Randolph, Mem	9	60	35	155	17.2
Martin, Okl	10	47	52	171	17.1
Curry, GoS	9	53	30	153	17.0
Smith, NYK	7	45	13	117	16.7
Afflalo, Orl	8	50	21	132	16.5
Monroe, Det	10	67	31	165	16.5
Anderson, NO	8	51	7	131	16.4
Dragic, Pho	11	63	37	179	16.3
Bargnani, Tor	**9**	**50**	**31**	**145**	**16.1**

Not including last night's games

Sunday's results
New York 88 Indiana 76
Toronto 97 Orlando 86
Brooklyn 99 Sacramento 90
Philadelphia 86 Cleveland 79
Golden State at Oklahoma City
Boston at Detroit
Chicago at Portland
Houston at L.A. Lakers
Saturday's results
Boston 107 **Toronto 89**
Utah 83 Washington 76
Dallas 103 Cleveland 95
Memphis 94 Charlotte 87
Milwaukee 117 New Orleans 113
San Antonio 126 Denver 100
Miami 97 Phoenix 88
L.A. Clippers 101 Chicago 80
Monday's games — All Times Eastern
Indiana at Washington, 7 p.m.
Milwaukee at Charlotte, 7 p.m.
Orlando at Atlanta, 7:30 p.m.
Denver at Memphis, 8 p.m.
Golden State at Dallas, 8:30 p.m.
L.A. Clippers at San Antonio, 8:30 p.m.
Houston at Utah, 9 p.m.
Tuesday's games
Toronto at Philadelphia, 7 p.m.
New York at New Orleans, 8 p.m.
Brooklyn at L.A. Lakers, 10:30 p.m.

RAPTORS 97 MAGIC 86

Orlando	**22**	**19**	**28**	**17 — 86**
Toronto	**32**	**17**	**18**	**30 — 97**

3-Point Goals—Orlando 4-13 (Moore 2-5, Nelson 0-5, Afflalo 1-1, Jones 1-1, McRoberts 0-1). Toronto 7-18 (Calderon 2-5, Kleiza 2-5, Bargnani 1-4, Derozan 1-2, Johnson 1-1, Lucas 0-1).

Rebounds—Orlando 40 (Davis 12, Vucevic 6, Jones 5, Nelson 4, Harkless 4, Ayon 3, Nicholson 3, McRoberts 2, Moore 1). Toronto 40 (Derozan 9, Valanciunas 7, Bargnani 5, Kleiza 5, Johnson 5, McGuire 3, Calderon 2, Lucas 2, Davis 1, Ross 1).

Assists—Orlando 18 (Nelson 9). Toronto 22 (Calderon 18).

Total Fouls—Orlando 22, Toronto 21.

A—18,702 at Toronto.

T—2:06.

ORLANDO (86)
Davis 8-17 0-0 16, Moore 5-11 4-4 16, Afflalo 4-10 6-6 15, Vucevic 5-11 2-4 12, Nelson 3-13 2-2 8, Nicholson 2-7 4-5 8, Jones 3-5 0-0 7, McRoberts 1-3 0-0 2, Ayon 1-2 0-0 2, Harkless 0-1 0-0 0. Totals 32-80 18-21 86.

TORONTO (97)
Derozan 8-16 3-5 20, Bargnani 7-19 2-2 17, Johnson 5-6 4-5 15, Kleiza 5-9 0-0 12, McGuire 5-9 1-2 11, Calderon 3-8 1-1 9, Valanciunas 2-5 2-6 6, Davis 2-3 1-2 5, Lucas 1-4 0-0 2, Ross 0-1 0-0 0. Totals 38-80 14-23 97.

SOCCER

MLS PLAYOFFS

CONFERENCE FINALS
(two-game, total-goals series)

EASTERN CONFERENCE

D.C UNITED VS. HOUSTON

Sunday's result
Houston 1 D.C. United 1
(Houston advances 4-2 on aggregate)

WESTERN CONFERENCE

SEATTLE VS. LOS ANGELES

Sunday's result
Los Angeles at Seattle

MLS CUP
Saturday, Dec. 1 — All Times Eastern
Houston vs. Western champion, 4:30 p.m.

SUNDAY'S INTERNATIONAL SCORES

ENGLAND
PREMIER LEAGUE
Fulham 1 Sunderland 3
League Championship
Millwall 1 Leeds United 0
FRANCE
LIGUE 1
Bordeaux 1 Marseille 0
Lyon 3 Reims 0
Nice 1 Toulouse 0
GERMANY
BUNDESLIGA
1899 Hoffenheim 1 VfL Wolfsburg 3
Werder Bremen 2 Fortuna Dusseldorf 1
ITALY
SERIE A
Bologna 3 Palermo 0
Catania 2 Chievo 1
Fiorentina 4 Atalanta 1
Inter Milan 2 Cagliari 2
Siena 1 Pescara 0
Udinese 2 Parma 2
Sampdoria 3 Genoa 1
SPAIN
LA LIGA
Deportivo La Coruna 0 Levante 2
Celta Vigo 1 Mallorca 1
Getafe 2 Valladolid 1
Granada 0 Atletico Madrid 1
Sevilla 5 Betis 1

GOLF

LPGA TOUR

CME GROUP TITLEHOLDERS
At Naples, Fla.
Par 72
Final round

Na Yeon Choi, $500,000	67-68-69-70—274	
So Yeon Ryu, $106,379	66-72-68-70—276	
Brittany Lincicome, $77,171	68-69-70-70—277	
Karrie Webb, $59,698	69-69-71-69—278	
Ai Miyazato, $48,050	70-64-71-74—279	
Karine Icher, $39,313	67-70-70-73—280	
Cristie Kerr, $27,811	67-74-71-69—281	
Azahara Munoz, $27,811	72-72-67-70—281	
Shanshan Feng, $27,811	70-69-69-73—281	
Anna Nordqvist, $27,811	69-70-69-73—281	
Caroline Hedwall, $20,442	70-69-73-70—282	
Lizette Salas, $20,442	68-71-73-70—282	
Inbee Park, $20,442	70-70-72-70—282	
Danielle Kang, $16,482	69-75-70-69—283	
Beatriz Recari, $16,482	72-69-68-74—283	
Sandra Gal, $16,482	70-68-72-73—283	
Cindy LaCrosse, $16,482	69-72-72-70—283	
Suzann Pettersen, $13,658	66-71-72-75—284	
I.K. Kim, $13,658	72-70-69-73—284	
Julieta Granada, $13,658	68-72-70-74—284	
Brittany Lang, $13,658	71-69-69-75—284	
Jiyai Shin, $12,231	68-73-71-73—285	
Amy Yang, $12,231	70-70-73-72—285	
Sun Young Yoo, $11,328	66-71-74-75—286	
Giulia Sergas, $11,328	71-72-72-71—286	
Mina Harigae, $10,309	72-71-75-69—287	
Yani Tseng, $10,309	75-73-69-70—287	
Lindsey Wright, $10,309	67-74-74-72—287	
Catriona Matthew, $8,453	72-77-70-69—288	
Sydnee Michaels, $8,453	74-75-71-68—288	
Katherine Hull, $8,453	70-72-74-72—288	
Ilhee Lee, $8,453	72-72-73-71—288	
Angela Stanford, $8,453	70-74-72-72—288	
Hee Kyung Seo, $8,453	71-73-73-71—288	
Stacy Lewis, $8,453	70-72-72-74—288	

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Worcester	15	7	6	1	1	40	46	16
Manchester	14	7	6	0	1	35	32	15
Portland	14	6	6	1	1	46	44	14
St. John's	15	7	8	0	0	34	47	14
Providence	14	6	7	0	1	30	40	13

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	14	10	2	0	2	49	23	22
Bridgeport	14	10	4	0	0	49	39	20
Connecticut	14	6	7	1	0	43	48	13
Albany	13	4	5	0	4	30	35	12
Adirondack	14	6	8	0	0	34	44	12

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	14	10	2	1	1	54	38	22
Binghamton	13	7	4	1	1	34	34	16
W-B/Scranton	15	8	7	0	0	37	35	16
Norfolk	14	7	7	0	0	43	46	14
Hershey	15	6	8	1	0	39	44	13

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	15	10	2	1	2	45	27	23
Toronto	15	9	5	0	1	53	43	19
Lake Erie	16	9	6	1	0	51	48	19
Rochester	15	8	6	1	0	53	46	17
Hamilton	13	5	6	1	1	30	44	12

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	14	8	4	1	1	52	46	18
Chicago	14	7	5	2	0	38	43	16
Milwaukee	14	6	7	1	0	37	41	13
Rockford	15	6	8	0	1	43	48	13
Peoria	15	5	7	2	1	33	53	13

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	16	11	3	0	2	58	39	24
Oklahoma City	15	8	5	1	1	45	45	18
Houston	16	7	6	1	2	56	52	17
Texas	13	6	6	0	1	28	37	13
San Antonio	14	4	8	0	2	33	45	10

Note: Two points awarded for a win, one for an overtime or shootout loss.

Sunday's results
Abbotsford 0 Toronto 5
Bridgeport 6 Providence 2
Syracuse 5 Hershey 3
Charlotte 4 San Antonio 3 (SO)
Rockford 2 Houston 3
Saturday's results
Albany 5 St. John's 3
Hamilton 1 Toronto 6
Manchester 0 Bridgeport 4
Connecticut 2 Worcester 1
Providence 2 Portland 1
W-B/Scranton 1 Hershey 4
Rochester 2 Binghamton 3
Springfield 5 Norfolk 2
Adirondack 2 Syracuse 5
Milwaukee 2 Oklahoma City 5
Peoria 3 Chicago 2
Charlotte 0 Texas 1 (SO)
Tuesday, Nov. 20 — All Times Eastern
Hamilton at St. John's, 1:30 p.m.
Manchester at Portland, 7 p.m.
Milwaukee at Chicago, 8 p.m.
Wednesday, Nov. 21
Hamilton at St. John's, 1:30 p.m.
W-B/Scranton at Hershey, 7 p.m.
Bridgeport at Adirondack, 7 p.m.
Charlotte at Norfolk, 7:15 p.m.
Peoria at Rockford, 8:05 p.m.
Oklahoma City at Texas, 8:30 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	7	3	0	.700	358	225
N.Y. Jets	4	6	0	.400	202	241
Miami	4	6	0	.400	187	205
Buffalo	4	6	0	.400	230	299

SOUTH

	W	L	T	Pct	PF	PA
Houston	9	1	0	.900	293	180
Indianapolis	6	4	0	.600	210	260
Tennessee	4	6	0	.400	219	311
Jacksonville	1	9	0	.100	164	289

NORTH

	W	L	T	Pct	PF	PA
Baltimore	7	2	0	.778	254	196
Pittsburgh	6	3	0	.667	207	177
Cincinnati	5	5	0	.500	248	237
Cleveland	2	8	0	.200	189	234

WEST

	W	L	T	Pct	PF	PA
Denver	7	3	0	.700	301	212
San Diego	4	6	0	.400	232	221
Oakland	3	7	0	.300	208	322
Kansas City	1	9	0	.100	152	284

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	4	0	.600	267	216
Dallas	5	5	0	.500	211	224
Washington	4	6	0	.400	257	254
Philadelphia	3	7	0	.300	162	252

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	9	1	0	.900	270	193
Tampa Bay	6	4	0	.600	287	230
New Orleans	5	5	0	.500	287	273
Carolina	2	8	0	.200	184	243

NORTH

	W	L	T	Pct	PF	PA
Chicago	7	2	0	.778	242	133
Green Bay	7	3	0	.700	263	207
Minnesota	6	4	0	.600	238	221
Detroit	4	6	0	.400	236	246

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	2	1	.722	213	127
Seattle	6	4	0	.600	198	161
Arizona	4	6	0	.400	163	196
St. Louis	3	6	1	.350	174	237

WEEK 11

Sunday's results
Dallas 23 Cleveland 20
N.Y. Jets 27 St. Louis 13
Cincinnati 28 Kansas City 6
Atlanta 23 Arizona 19
Houston 43 Jacksonville 37
Washington 31 Philadelphia 6
Green Bay 24 Detroit 20
Tampa Bay 27 Carolina 21
New Orleans 38 Oakland 17
New England 59 Indianapolis 24
Denver 30 San Diego 23
Baltimore at Pittsburgh
Monday, November 19 — All Times Eastern
Chicago at San Francisco, 8:30 p.m.

WEEK 12

Thursday's games
Houston at Detroit, 12:30 p.m.
Washington at Dallas, 4:15 p.m.
New England at N.Y. Jets, 8:20 p.m.
Sunday's games
Seattle at Miami, 1 p.m.
Oakland at Cincinnati, 1 p.m.
Buffalo at Indianapolis, 1 p.m.
Pittsburgh at Cleveland, 1 p.m.
Tennessee at Jacksonville, 1 p.m.
Denver at Kansas City, 1 p.m.
Minnesota at Chicago, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
Baltimore at San Diego, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
St. Louis at Arizona, 4:25 p.m.
Green Bay at N.Y. Giants, 8:20 p.m.

CFL

PLAYOFFS

DIVISION FINALS
Sunday, Nov. 18

EAST DIVISION
Toronto 27 Montreal 20

WEST DIVISION
Calgary 34 B.C. 29

DIVISION SEMIFINALS

EAST DIVISION
Toronto 42 Edmonton 26

WEST DIVISION
Calgary 36 Saskatchewan 30

100TH GREY CUP
Sunday, Nov. 25 — All Times Eastern
At Toronto
Toronto vs. Calgary, 6 p.m.

ARGONAUTS 27 ALOUETTES 20

First Quarter
Tor — FG Waters 22 14:24
Mtl — Jennings 18 run (Whyte kick) 11:03
Mtl — FG Whyte 25 5:15
Second Quarter
Tor — FG Waters 12 14:59
Mtl — McPherson 1 run (Whyte kick) 13:56
Tor — Single Prefontaine 46 13:20
—Safety Rempel blocked Whyte punt out of end zone, 11:50
Tor — Single Prefontaine 64 2:47
Third Quarter
Tor — Kackert 49 run (Waters kick) 8:58
Tor — Inman 2 pass from Ray (Waters kick) 4:11
Fourth Quarter
Tor — FG Waters 35 4:55
Mtl — FG Whyte 11 0:13

Toronto	**3**	**7**	**14**	**3—27**
Montreal	**10**	**7**	**0**	**3—20**

Attendance: 50,112 at Montreal.

INDIVIDUAL STATISTICS
Rushing: Tor — Kackert 13-139, Ray 1-3, Jackson 2-1. Mtl — Jennings 9-80, Cox 1-13, Devine 2-11, McPherson 3-7.
Receiving: Tor — Owens 11-207, Durie 6-66, Inman 4-49, Mann 1-32, Barnes 2-30, Kackert 4-15. Mtl — Jennings 8-89, Richardson 3-78, Green 2-56, Lavoie 4-37, Bratton 2-35, Deslauriers 1-8.
Passing: Tor — Ray 28-37-399-0-0. Mtl — Calvillo 20-34-303-0-2.

CIS FOOTBALL

Saturday's results

UTECK BOWL
Laval 42 Acadia 7

MITCHELL BOWL
McMaster 45 Calgary 6

48TH VANIER CUP - FRIDAY AT TORONTO
Laval vs. McMaster, 7:30 p.m. (ET)

Horoscopes

♈ Aries
March 21 - April 20
You need to get tough with someone who has let you down once too often. It is becoming a habit and that's not good for either of you, so let them know this is their very last chance — and mean it.

♉ Taurus
April 21 - May 21
Don't hide yourself away. Don't avoid being seen. The planets indicate you are going to be in the spotlight over the next few days, so you might as well get used to the idea. As ideas go, it's not so bad.

♊ Gemini
May 22 - June 21
You must get your affairs in some sort of order. You must bring balance to what even you can see is a chaotic situation. Your time and your energy are precious, so make sure you get the most from them.

♋ Cancer
June 22 - July 23
You may be tempted to push your luck today, and maybe your gamble will pay off – and maybe it won't. Either way you are right to take the risk. Those who play safe rarely get anywhere worth going.

♌ Leo
July 24 - Aug. 23
Let other people rant and rave if it makes them feel good. You know that raising your voice does not get things done. You know that actions speak louder than words. That's why you'll succeed today while others fail.

♍ Virgo
Aug. 24 - Sept. 23
Don't push yourself too hard. In fact, don't push yourself at all. Most likely you will achieve more today by doing less, though as you tend to work harder than most other people "less" is a flexible term.

♎ Libra
Sept. 24 - Oct. 23
Others may say you are not trying hard enough but you must ignore them. What do they know about who you are and what your aims are? If you are happy with your efforts then nothing else matters.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what other people may offer you by way of reward or recognition, if their aims are not in harmony with your own you must turn them down. The fact is you don't need them and most likely never will.

♐ Sagittarius
Nov. 23 - Dec. 21
A friend or family member will suggest something today and your first reaction will be to reject it. That's understandable, but after a bit of reflection you will come to see they are right. Trust their judgment.

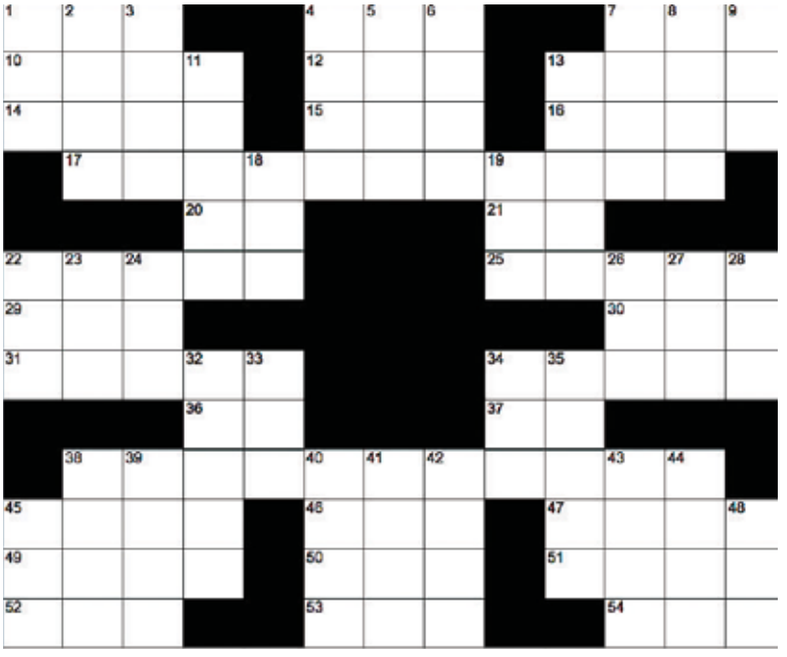
♑ Capricorn
Dec. 22 - Jan. 20
Anyone who thinks you are a bit of a cold fish will be proved wrong over the next 24 hours. Yes, it's true, you have been a bit distant of late but now you are ready to get involved and start sharing again.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun remains in the career area of your chart just two more days, so if there is anything you want to accomplish on the work front make an extra special effort now. Don't think about it, just do it.

♓ Pisces
Feb. 20 - March 20
It may be true that all things are possible but they won't just happen as if by magic. The good news is you are highly motivated and determined to prove yourself – and you'll get your chance over the next few days. SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



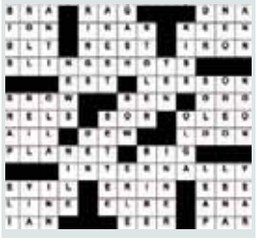
Across

1. Funnyman Carney
4. Banking machine (abbr.)
7. Wager
10. Backside
12. Small inlet
13. Swallow
14. Create
15. — Leoni of The Naked Truth
16. Take home a wage
17. Tangy candies
20. Hospital room (abbr.)
21. Minister's deg.
22. She played Rose on The Golden Girls
25. Estate, for example
29. Fish eggs
30. Dictator Amin
31. Little Orphan —
34. Heard by Perry Mason
36. Not applicable (abbr.)
37. Jr.'s dad
38. Flowery arrangement for the table
45. Roof part
46. Female deer
47. Winglike
49. Always
50. — Got a Secret
51. Canadian Idol judge — Jordan
52. Dancing with the Stars judge Goodman
53. — Aviv
54. Lassie, for one

Down

1. Upper appendage
2. Collect
3. Give or —
4. Johnson of Laugh-In
5. Layer
6. Form of address
7. Whip up an egg
8. Mistakes (abbr.)
9. The Nashville Network (abbr.)
11. Move a fern
13. Looks after
18. Use a crowbar
19. Rhoda's mom
22. Bikini part
23. Time frame
24. Countdown number
26. Bro's sibling
27. Dutch city
28. — the season
32. Inside oneself
33. Dog — Dog
34. —: Crime Scene Investigation
35. Sites
38. Grotto
39. Tied score
40. Revise a manuscript
41. Wander
42. Shed
43. Applaud
44. Go slowly
45. Slippery fish
48. Letters between Q and U

Friday's Crossword



What's online

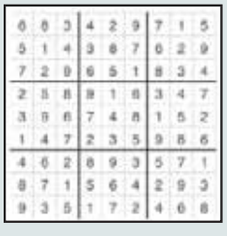
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6		9				5		8
	4	7	9		2	3	1	
3								4
			5		3			
	3			6			8	
			7		9			
1								7
	2	6	8		5	1	9	
5		3				4		2

Friday's Sudoku



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Tuesday 7°/-3° Partly sunny
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Check the 14 day trend.
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- st: 34314
- km: 41002

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07 Caliber R/T AWD
- Loaded, A/C, Lthr, Roof, Auto
- st: 12248-A
- km: 130751

$8,980
$99* Bi-weekly

08 Torrent AWD
- Loaded, A/C, Roof
- st: W80004
- km: 59672

$14,750
$162* Bi-weekly

07 Sorento LX 4WD
- Loaded, A/C, Auto
- st: 32813-A
- km: 109074

$10,850
$119* Bi-weekly

12 Fusion SEL AWD
- Loaded, A/C, Lthr, Roof, Auto
- st: 34384
- km: 19820

$22,670
$181*** Bi-weekly

08 LandRover LR2 4WD
- Loaded, A/C, Auto
- st: 32103
- km: 82605

$19,800
$218* Bi-weekly

12 Colorado 4WD
- Loaded, A/C, Auto
- st: 34139
- km: 17835

$27,850
$222*** Bi-weekly

10 Toyota RAV4 4WD
- Loaded, A/C, Auto
- st: 32842
- km: 63695

$21,850
$174*** Bi-weekly

08 Infiniti EX35 AWD
- Loaded, A/C, Lthr, Roof, Auto
- st: 33822
- km: 105315

$18,880
$207* Bi-weekly

12 Wrangler Sahara 4WD
- Unlimited, Loaded, Auto
- st: 34330
- km: 26171

$28,940
$231*** Bi-weekly

11 Grand Vitara 4WD
- Loaded, A/C, Auto
- st: 33669
- km: 58018

$16,950
$144*** Bi-weekly

11 Traverse LS AWD
- Loaded, A/C, Auto
- st: 34390
- km: 48949

$23,890
$191*** Bi-weekly

09 Patriot 4WD
- North Edition Loaded, A/C, Auto
- st: 34302
- km: 95154

$12,670
$121** Bi-weekly

08 Lincoln MKZ AWD
- Loaded, Lthr, Roof
- st: 33632
- km: 98400

$15,950
$175* Bi-weekly

12 Sequoia SRS 4WD
- Loaded, A/C, Roof, Auto
- st: 34140
- km: 24823

$46,850
$374*** Bi-weekly

10 F-250 XLT 4WD
- Lariat Diesel, Loaded, A/C, Auto
- st: 31268
- km: 33631

$34,960
$279*** Bi-weekly

08 Mazda CX-7 AWD
- Loaded, A/C, Auto
- st: 34059
- km: 64801

$15,650
$172* Bi-weekly

11 Honda CR-V LX 4WD
- Loaded, A/C, Auto
- st: 34357
- km: 13474

$22,850
$182*** Bi-weekly

07 Ram 1500 4WD
- Hemi, Loaded, A/C
- st: 34047
- km: 89128

$16,950
$186* Bi-weekly

08 Honda CR-V 4WD
- Loaded, A/C, Auto
- st: 33494
- km: 87593

$15,960
$175* Bi-weekly

09 Pilot 4WD
- Loaded, A/C, Auto
- st: 34239
- km: 62480

$24,950
$225** Bi-weekly

08 Volvo XC90 AWD
- Loaded, A/C, Roof, Lthr, Auto
- st: 33566
- km: 44617

$26,950
$283* Bi-weekly

11 Escalade EXT AWD
- NAV, Loaded, Lthr, Roof, A/C
- st: 34213
- km: 20748

$64,820
$517*** Bi-weekly

09 Benz E300 AWD
- 4Matic, NAV, Loaded, Lthr, Roof
- st: 33686
- km: 46356

$31,840
$287** Bi-weekly

10 Ford F-150 XL 4WD
- A/C, Auto
- st: 34491
- km: 88609

$17,980
$153*** Bi-weekly

08 Ford Edge SEL AWD
- Loaded, A/C, Auto
- st: 34136
- km: 79226

$16,880
$186* Bi-weekly

09 Vibe AWD
- A/C, Auto
- st: 12228-A
- km: 95884

$10,780
$103** Bi-weekly

11 Impreza AWD
- Loaded, A/C, Auto
- st: 34339
- km: 36298

$18,450
$157*** Bi-weekly

12 Volvo XC70 AWD
- Loaded, A/C, Lthr, Auto
- st: 334310
- km: 29220

$34,860
$278*** Bi-weekly

12 Suburban 1500 4WD
- Loaded, A/C
- st: 33709
- km: 27634

$35,830
$286*** Bi-weekly

09 Acura MDX AWD
- Loaded, A/C, Lthr, Roof, Auto
- st: 34279
- km: 40489

$30,860
$278** Bi-weekly

11 Yukon 4WD
- Loaded, A/C, Auto
- st: 32939
- km: 44543

$28,500
$228*** Bi-weekly

08 FJ Cruiser 4WD
- Loaded, A/C
- st: 34415
- km: 58144

$22,850
$239* Bi-weekly

09 Murano SL AWD
- Loaded, A/C
- st: 34469
- km: 86683

$18,970
$181** Bi-weekly

09 Escape XLT 4WD
- Loaded, A/C, Auto
- st: 32908-A
- km: 96465

$14,860
$142** Bi-weekly

08 Santa Fe GLS AWD
- Loaded, A/C, Auto
- st: 34319
- km: 91721

$13,940
$153* Bi-weekly

11 Mitsubishi RVR SE AWD
- Loaded, A/C, Auto
- st: 3972
- km: 25025

$19,940
$170*** Bi-weekly

11 Benz E350 AWD
- 4Matic, NAV, Loaded, Lthr, Roo
- st: 33877
- km: 14374

$58,850
$470*** Bi-weekly

08 Nitro SLT 4WD
- Loaded, A/C
- st: 33583
- km: 93248

$14,950
$164* Bi-weekly

09 Rogue S AWD
- Loaded, A/C
- st: 31425
- km: 62481

$17,980
$172** Bi-weekly

08 Explorer Sporttrac 4WD
- Loaded, A/C, Auto
- st: 34351
- km: 64141

$20,840
$218* Bi-weekly

10 Forester AWD
- Loaded, A/C, Auto
- st: 33139
- km: 62998

$21,980
$175*** Bi-weekly

10 Highlander SE 4WD
- Loaded, Roof, Lthr, Auto
- st: 33196
- km: 14143

$34,850
$278*** Bi-weekly

09 Lexus RX350 AWD
- Loaded, Lthr, Roof, A/C
- st: 34482
- km: 45919

$29,850
$269** Bi-weekly

09 Outlander ES 4WD
- Loaded, A/C, Auto
- st: 12046-A
- km: 52392

$15,450
$147** Bi-weekly

08 Ranger FX4 4WD
- Loaded, A/C, Auto
- st: 34505
- km: 96646

$14,960
$164* Bi-weekly

08 Sportage LX 4WD
- Loaded, A/C, Auto
- st: 34307
- km: 98209

$10,870
$119* Bi-weekly

07 Compass Sport 4WD
- Loaded, A/C, Auto
- st: 33359
- km: 94668

$11,850
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